

Providing compassionate care and hope to people facing cancer

## *Summer 2025 EW IV: Sheet-Pan Orange-Apricot Chicken*

### *Ingredients*

1 # multi-color fingerling potatoes, halved lengthwise  
1 # green beans, trimmed  
1 cup thinly sliced red onion  
2 Tbsp. olive oil  
½ tsp. black pepper  
4 large chicken thighs (1-1/2-2# total) skinless & boneless  
1 orange  
3 Tbsp. apricot preserves  
1 Tbsp. reduced-sodium soy sauce  
3 cloves garlic, minced

### *Instructions:*

*Preheat oven to 425 degrees F.*

*Place 1 # of potatoes, 1 # green beans and 1 cup sliced onion on a large rimmed baking sheet (parchment paper lined).*

*Drizzle with 2 Tbsp. oil and sprinkle with ¼ tsp. black pepper.*

*Nestle 4 chicken thighs into the vegetables.*

*Grate ½ tsp. of zest from 1 orange & squeeze it to get 2 Tbsp. juice. Combine zest & juice, 3 Tbsp. preserves, 1 Tbsp. soy sauce, 3 cloves garlic and ¼ tsp. pepper in a small bowl. Brush the chicken with half of the glaze.*

*Roast the chicken & vegetables for 15 minutes. Stir the vegetables; turn the chicken & brush with the remaining glaze. Continue roasting until the chicken registers 165 degrees F on an instant-read thermometer. Check that the potatoes are tender, roast about 20 minutes more.*

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***Summer 2025 EW IV: Sheet-Pan Orange-Apricot Drumsticks***



***Nutrition Tip***

- Use fresh or dried herbs in cooking for a flavorful twist! Think beyond the salt and pepper...garlic, rosemary and red pepper flakes can go a long way without adding extra sodium to a meal.