



Crispy Chicken Legs & Brussels Sprouts Serves: 4 greccodesign.com adapted from SoLetsHangOut.com

4 whole chicken legs (skin on & bone in)
1 stalk of Brussels sprouts, stemmed and cut in half
1 Tbsp coconut oil
salt, pepper & granulated garlic
1 Tbsp olive oil
Juice of 1 lemon
1/2 cup chicken stock
Parmesan cheese to garnish (optional)

1. Preheat your oven to 425°. Wash, de-stem and halve all of your Brussels sprouts. Toss them in a bowl with olive oil, salt, pepper and granulated garlic to taste.
2. Wash your chicken legs and pat them dry. Season both sides of your legs with salt, pepper and granulated garlic. Set aside.
3. Heat up the coconut oil in a cast iron skillet until hot. Add your chicken legs to the pan face down. Let them sit for about 7-10 minutes to get crispy. Flip your chicken legs over and crisp up the other side.
4. When both sides of the chicken are crisped up, add in the Brussels sprouts along with your chicken broth and lemon juice. Stir.
5. Place your pan in the oven and bake for 30 minutes or until the chicken is cooked through. Cook for a remaining 5-10 minutes on broil so that the chicken and sprouts are extra crispy.