



CHICKEN AND YAM SKILLET WITH BRUSSELS SPROUTS, CRANBERRIES, AND WILD RICE

FAST. EASY. FRESH.

1. Preheat your oven to 400°F. In a small pot, combine the **wild rice**, ½ tsp. **sea salt**, and 1 ¼ cups of water. Bring to a boil, then reduce to a simmer, cover, and cook for 25 minutes or until the rice is tender and the water is absorbed. Set aside.

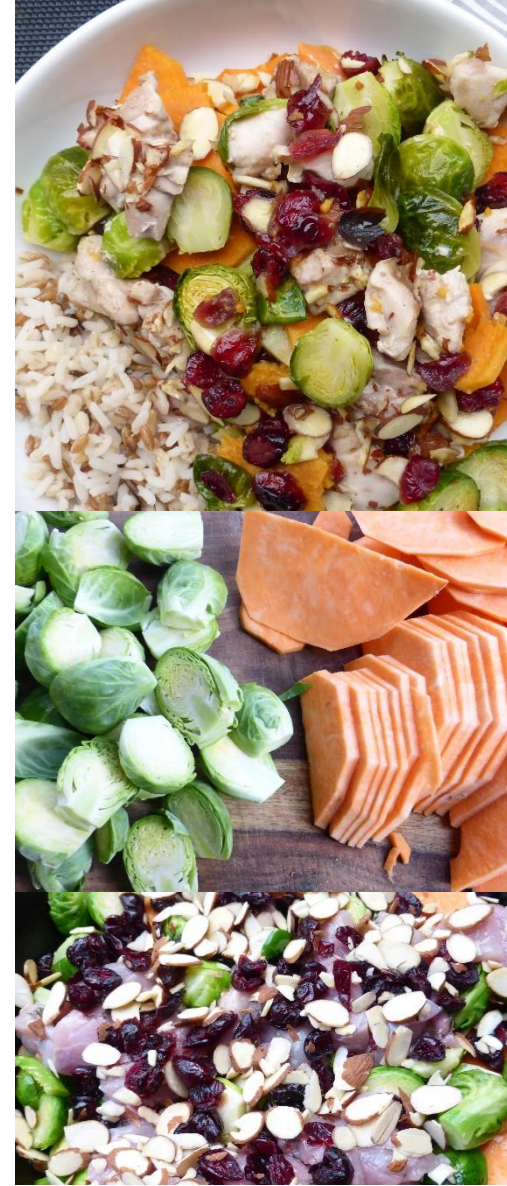
2. Meanwhile, peel the **yam**, cut it into thin slices and place in an oven safe pan. Sprinkle with ¼ tsp. sea salt. Next, wash the **brussels sprouts**, cut them in half, and place them into a bowl.

3. Cut the **chicken thighs** into bite sized pieces, place them in the bowl with the brussels sprouts, and toss with the **olive oil**, **dried thyme**, and ½ tsp. sea salt.

4. Add the chicken and brussels sprout mixture to the pan, on top of the yam. Top with the **dried cranberries** and **sliced almonds**.

5. Pour in the **chicken stock**, bring to a simmer on the stovetop, then bake in the oven for 20 minutes or until the chicken is cooked and the yams are tender.

6. To serve, portion the wild rice onto plates and top with the chicken skillet. Enjoy!



Ingredients (2 Person Serving – 806 Calories Per Serving)

Olive Oil	1 Tbsp.	Dried Thyme	½ tsp.
Yam	1 Medium	Dried Cranberries	¼ Cup
Brussels Sprouts	150 g	Sliced Almonds	¼ Cup
Chicken Stock	½ Cup	Wild Rice	½ Cup
Chicken Thighs	3	Sea Salt	½ tsp.
Sea Salt	¾ tsp.		

30 Minute
Cook
Time!