



Chicken with potatoes, peppers, and aubergines.

Dinner in a Trice

I DIDN'T KNOW WHAT TRICE MEANT. I just liked the sound of the word. Trice, meaning quick, pronto, right away, soon is the perfect word for this dinner. And just in the nick of time for this season. The frenetic pace starts around Halloween and careens toward breakneck speed as we approach Christmas.

I had a neighbor who used to have her holiday gifts bought, wrapped, labeled, and hidden away in August. August! That's never been my New Year's resolution. Mine runs more toward the "please let me jump out of the way so that the heavy tub of mystery sauce in my freezer doesn't break all my toes as it plummets to the floor when I open the door".

Most of my friends, however, are not like my former neighbor. They have lists that get longer and longer as the holidays loom closer. Although spending a day in the kitchen braising some short ribs or a succulent pork shoulder sounds so enticing (well, to me), I realize that's not in the cards for the majority of people. Most everyone I know wants a quick fix this time of year.

I get it. I still remember having to be at swim meets for one daughter and the stable for another. Juggling car pools with activities I already had on my schedule didn't leave much time to pull off a Julia Childs dinner

or Martha Stewart photo shoot. But quick meals don't have to mean tasteless or unhealthy.

In little more time that it takes to load everyone into a car for a trip to a fast food restaurant, then waiting in line to order, you could get a beautiful dinner on the table. Dinner made with ingredients both seasonal and readily available. How 'bout that? And as an added bonus...dinner made all in one pan! Huzzah! Easy prep, easy clean up, and oh, so delicious. Dinner in a trice. A culinary trifecta. U



PHOTO: GIRMANTAS URBONAS

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Sheet Pan Chicken

INGREDIENTS

Serves 2-4

- 1-2 teaspoons kosher salt
- 2 small cloves garlic, finely minced
- 1 teaspoon ground coriander
- ½ teaspoon ground cumin
- ½ teaspoon freshly ground black pepper
- 2 pounds skin on, bone in chicken thighs
- 3 ½ tablespoons extra virgin olive oil, divided
- 1 pound sweet potatoes or Yukon Gold potatoes, peeled and cut into 1-inch chunks
- 2 red, yellow or orange bell peppers, seeded and sliced lengthwise into strips
- ½ teaspoon smoked paprika
- ½ teaspoon sweet paprika
- Pinch cayenne pepper
- Grated zest of 1 small lemon
- ½ cup coarsely chopped flat leaf parsley

INSTRUCTIONS

1. In a large bowl, combine 1 teaspoon salt, garlic, coriander, cumin, and black pepper. Add chicken thighs and rub all over with the salt mixture. Set aside at room temperature for 30 minutes.
2. Preheat oven to 425 degrees. In a large bowl, toss together 2 tablespoons of olive oil, diced potatoes, bell peppers, ½ teaspoon kosher salt, both paprikas, cayenne, and lemon zest. Spread the vegetables on a rimmed baking sheet.
3. Add ½ tablespoon of the olive oil to the chicken thighs and turn to coat with the oil. Spread the vegetables on the baking sheet so that the chicken thighs can rest directly on the pan, not atop the vegetables. Place the chicken thighs skin side up on the baking sheet in a single layer.
4. Roast chicken and vegetables for 15 minutes. Raise oven temperature to 450 degrees. Flip the vegetables over, using a large, wide spatula. Leave the chicken skin side up and drizzle with 1 tablespoon olive oil. Roast until the chicken is browned, cooked through, and the vegetables are crisply tender, about 20 minutes. Sprinkle chopped parsley and serve.