

TV Dinner

NICOLE OLIVER'S CHICKEN AND PEPPER BAKE

INGREDIENTS

- » 6 garlic cloves, minced
- » ¼ cup olive oil
- » ¼ cup white balsamic vinegar
- » 1 tsp paprika
- » 1 tsp salt
- » Fresh pepper (to taste)
- » 3 bell peppers, cut into wedges
- » 1 onion, cut into thin wedges
- » 4 chicken legs
- » 2 skin-on, bone-in chicken breasts, cut in half crosswise
- » 4 chicken wings

Preheat oven to 375 F. Line 2 large baking sheets with foil. Stir garlic with oil, vinegar, paprika and salt in a large bowl. Add pepper. Add bell peppers and onion and toss in mixture until covered. Arrange the veggie mixture on one sheet. Add the chicken to the remaining garlic mixture in the bowl and toss until coated. Arrange chicken thighs and breasts on second sheet. Put the wings on the sheet with the vegetables. Place two sheets into the oven and bake for 30 minutes with chicken breasts and legs in top ⅓ of oven, with veggies and wings in bottom ⅓ of the oven. After 30 minutes, switch the position of the trays and bake for another 30 minutes.



Nicole Oliver

Her boys give this chicken recipe the thumbs up

“I found this recipe in a magazine while at my chiropractor’s office,” says Nicole Oliver, who guest stars on The CW’s superhero hit *Arrow* this week, and is also a prolific voice actor for cartoons such as *LEGO NexoKnights*, *My Little Pony* and *Kate & Mim-Mim*. “I am always desperate for dinner ideas!” she laughs.

“I love this recipe because it is super easy to make and it’s tasty. Also, (in theory) it should provide you with some leftovers for lunch the next day.”

Oliver tells us the white balsamic

ARROW

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is a must, and that she uses a “Sicilian lemon balsamic that adds an extra zing.” She also says it’s fine to use different veggies than the recipe calls for, if you’re in the mood to experiment. “I have done broccoli and cauliflower with onion, or even carrots and beets. And my boys give it two thumbs up. The chicken is moist and tender, and the veggies somehow still are crispy!”

PINK MONKEY STUDIOS/ROSS DEN OTTER