



ROASTED CHICKEN AND VEGGIES

MATERIALS:

Baking sheet
Cutting board
Large bowl
Measuring cups
Measuring spoons

Mixing spoon
Sharp knife
Slotted spoon
Vegetable peeler

INGREDIENTS:

1 pound carrots, rinsed and peeled
1 large onion. Rinsed and peeled
1 clove garlic, peeled
1 pound root vegetables, such as red potatoes, beets, turnips, rutabagas, or parsnips, rinsed and peeled
1 large lemon
¼ cup water
¼ cup canola oil
1 teaspoon dried oregano
1 teaspoon dried basil
¼ teaspoon salt
¼ teaspoon ground black pepper
3 pounds boneless, skinless chicken pieces

Serves: 9; 3 oz chicken and 1/2 cup veggies per serving

Recipe from Share Our Strength's Cooking Matters®

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DIRECTIONS:

1. Preheat oven to 375°F.
2. Cut onion into quarters. Cut each quarter in half. Chop garlic. Dice carrots and other root veggies into ½-inch pieces.
3. Rinse lemon and cut in half. In a large bowl, squeeze juice. Discard seeds.
4. Add vegetables, water, oil, oregano, basil, salt, and pepper to bowl. Toss to combine.
5. Use your hands or a slotted spoon to transfer vegetables to a baking sheet. Leave marinade in the bowl. Place baking sheet in oven. Bake for 10 minutes.
6. While veggies bake, toss chicken in the remaining marinade. Let sit at room temperature about 10 minutes.
7. Remove baking sheet from oven. Add chicken pieces on top of veggies. Return to oven.
8. Continue roasting until chicken is cooked through and a food thermometer reads 165°F, about 40 minutes more. As the chicken roasts, use a mixing spoon to baste chicken and turn vegetables about every 15 minutes. Baste by pouring juices from the baking sheet over the chicken.

Chef's Notes:

- Try serving over brown rice or whole wheat pasta.
- Use the same method and marinade to roast veggies on their own.
- For a fish and vegetable dinner, top roasted veggies with fillets of seasoned fish in the last 10 minutes of cooking.