

Roasted Chicken and Veggies

Root vegetables are great because they last a long time and they all taste so good together. Try mixing root vegetables you know that you like with new varieties you want to try!

Makes: 9 Servings

Source: Cooking Matters
Photo Source: cookingmatters.org



Small Changes,
BIG Difference!

Ingredients

- 1 lb carrots or sweet potatoes
- 1 large onion
- 3 lbs skinless chicken pieces
- 1 lb root vegetables (red potatoes/beets/turnips/rutabagas/parsnips)
- 1 clove garlic or 1 tsp minced garlic, or ½ tsp garlic powder
- 1 large lemon
- ¼ cup olive oil or vegetable oil of your choice
- ¼ cup water
- ¼ tsp salt
- ¼ tsp black pepper

Utensils Needed

- Large bowl
- Cutting knife
- Pan
- Measuring cups and spoons
- Oven
- Mixing spoon
- Serving plate with fork and knife



Nutrition Information

Serving Size: 1 cup

Nutrients	Amount
Calories:	240
Total Fat:	6 g
Saturated Fat:	1 g
Sodium:	110 mg
Total Carbohydrates:	29 g
Dietary Fiber:	7 g
Protein	19 g



Directions

1. Preheat oven to 375°F.
2. Cut lemon in half and squeeze the juice into a large bowl. Discard seeds. Add vegetables, water, oil, Italian seasoning, salt, and pepper to the bowl. If using other herbs, add those as well. Toss to combine.
3. Transfer vegetables to a pan. Leaving the leftover marinade in the bowl. Place pan with veggies in oven. Bake for 10 minutes.
4. While veggies bake, toss chicken in the remaining marinade. Let sit at room temperature for about 10 minutes.
5. Remove pan from oven. Add chicken pieces on top of veggies. Return to oven.
6. Continue roasting until chicken is cooked through and a food thermometer reads 165°F, about 40 minutes more (when you cut into it there should be no pink). As the chicken roasts, use a mixing spoon to turn vegetables about every 15 minutes.



My Cooking Notes

