

Roasted Chicken & 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 (27 oz. of chicken, 4.5 cups of veggies)

Prep Time: 15 minutes

Cook Time: 40 minutes

Source: cookingmatters.org, recipe/Herb Roasted Chicken & Veggies

Ingredients

- 1 pound carrots (5 medium carrots)
- 1 large onion
- 1 clove garlic
- 1 pound root vegetables, such as red potatoes, beets, turnips, rutabagas, or parsnips (2 1/2 cups chopped)
- 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 (48 ounces of chicken, fresh or frozen)

Optional Ingredients

- 1 teaspoon fresh or ¼ teaspoon dried rosemary

SAVE TIME, SAVE MONEY

Cooking Tips

- Try serving over brown rice or whole wheat couscous.
- 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.



**Small Changes,
BIG Difference!**



Nutrition Information

Serving Size: 3 oz of chicken, and 1/2 cup of veggies

Nutrients	Amount
Calories:	280
Total Fat:	12 g
Saturated Fat:	2 g
Cholesterol:	110 mg
Sodium:	200 mg
Total Carbohydrates:	12 g
Dietary Fiber:	3 g
Total Sugars:	5 g
Added Sugars:	0 g
Protein	30 g

Utensils Needed

- Baking sheet
- Cutting board
- Large bowl
- Measuring cups
- Measuring spoons
- Mixing spoon
- Sharp knife
- Slotted spoon
- Vegetable peeler
- Special Materials*
- Food thermometer

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 until cooked.
7. Serve immediately. Refrigerate leftovers within two hours.

SHOPPING LIST

Average total cost without oil and seasonings: \$13.36

Average cost/serving: \$1.48

Recipe makes: 9 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location. Optional items can be added.

Ingredients



Add 1 to Cart
Frozen Chicken 3 LB. Bag



Add 1 to Cart
Fresh Turnip



Add 1 to Cart
Fresh Lemon



Add 1 to Cart
Fresh Rutabaga



Add 2 to Cart
Fresh Potatoes



Add 1 to Cart
Fresh Onion



Add 1 to Cart
Fresh Garlic

My Cooking Notes