

RECIPE

Oven-roasted Chicken with Vegetables

Start to Finish: 1 hour and 15 minutes Servings: 2, leftover chicken

Ingredients:

- 3 carrots, peeled and cut into thirds
- 4 small red potatoes, quartered
- 1 medium yellow onion, quartered
- 3 tablespoons olive oil
- 1 teaspoon salt
- 1/8 + 1/4 teaspoon ground pepper
- 2 large garlic cloves, minced
- 2 tablespoons fresh parsley, chopped
- 2 tablespoons fresh thyme, chopped
- 1 chicken (3 pounds), giblets removed
- 1 lemon, quartered
- 2 fresh rosemary sprigs

Directions:

1. Preheat oven to 425 F. Place carrots, potatoes and onions in a baking dish. Toss with 1 tablespoon of olive oil and season with 1/4 teaspoon salt and 1/4 teaspoon pepper. Spread vegetables to the edges of the baking dish.
2. In a small bowl, combine 1/8 teaspoon pepper, 1/2 teaspoon salt, garlic, parsley, thyme and remaining oil.
3. Rinse the chicken under cold water and pat dry. Place the chicken, breast-side up, in the center of the baking dish.
4. Carefully slide your hand under the skin and rub the herb paste between the skin and meat. Season with remaining 1/2 teaspoon of salt. Put the lemon and rosemary inside the cavity.
5. Roast the chicken and vegetables for about 1 hour and 15 minutes, or until a thermometer in the thigh joint registers 175 F. If the bird is browning too quickly, cover with aluminum foil. Let stand for 10-15 minutes. Carve the chicken and serve the vegetables alongside.



Nutrition Information Per Serving:

683 Calories; 18.5 g Total Fat; 5 g Saturated Fat; 10 g Fiber; 1,014 mg Sodium; 70 g Carbohydrates; 37 g Protein

This information is courtesy of Caremark Health Resources, an independent company that offers health education information on behalf of your health plan.