



Roasted Rosemary Chicken

Servings 4 | Prep time 20 mins. | Total time 1 hour and 30 mins.

Equipment:

Large bowl
Baking sheet
Plastic wrap

Utensils:

Measuring cups and spoons
Mixing spoon or tongs
Fork or whisk

Ingredients

For vegetables

4 cups fresh vegetables (brussels sprouts, broccoli, cauliflower, etc.), chopped
1 onion, chopped
3 tablespoons olive oil OR vegetable oil
1 tablespoon fresh rosemary, chopped OR 1 teaspoon dried rosemary
1/2 teaspoon black pepper
Non-stick spray

For marinade and chicken

6 cloves garlic, minced OR 2 tablespoons garlic powder
1 1/2 tablespoons Dijon mustard
2 tablespoons Worcestershire sauce
1 tablespoon olive oil
1 1/2 pounds boneless skinless chicken thighs or breasts

Instructions

1. Before you begin, wash your hands, surfaces, utensils, and vegetables.
2. Preheat oven to 450 degrees. Lightly coat a baking sheet with non-stick spray.
3. In a large bowl, combine vegetables, onion, 3 tablespoons oil, rosemary, and pepper. Toss to combine.
4. Evenly spread vegetables into 1 layer on baking sheet and roast for 20-25 minutes.
5. Using a whisk or fork, mix together garlic, mustard, remaining tablespoon oil, and Worcestershire sauce (if using), in the bowl used for the vegetables. Add chicken to the bowl and use tongs or a mixing spoon to turn the chicken and coat with marinade. Cover the bowl with plastic wrap and store in the refrigerator until vegetables have been in the oven for 20-25 minutes.
6. Remove baking sheet from oven. Place chicken directly onto sheet among vegetables, moving some around to make room for the chicken. Discard marinade.
7. Return baking sheet to oven for 20 minutes, or until chicken reaches an internal temperature of 165 degrees. Toss vegetables and flip chicken halfway through the roasting process.

Nutritional Information:

Calories 370 Total Fat 19g Sodium 280mg Total Carbs 12g Protein 38g