



Roasted Rosemary Chicken

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

Equipment: 2 large bowls, Measuring spoons, Sheet pan

Utensils: Mixing spoon or tongs, Fork or whisk

Ingredients

For vegetables:

4 cups firm fresh vegetables, cut into bite-size pieces (we recommend a mixture of Brussels sprouts, broccoli, and cauliflower)

1 medium yellow onion, chopped into bite-size pieces

3 tablespoons olive oil

1 tablespoon chopped fresh rosemary OR 1

teaspoon dried rosemary

1/2 teaspoon black pepper

Non-stick cooking spray

For marinade and chicken:

5 cloves garlic, minced OR 2 tablespoons garlic powder

1 1/2 tablespoons Dijon mustard

2 tablespoons low-sodium Worcestershire sauce (optional)

1 tablespoon olive oil

1 ½ pounds boneless, skinless chicken (thighs or breasts)

Instructions

1. Before you begin, wash your hands, surfaces, utensils, and produce.
2. Preheat oven to 450 degrees. Lightly coat a sheet pan with non-stick cooking spray.
3. In a large bowl, combine vegetables, onion, 3 tablespoons olive oil, rosemary, and pepper. Toss to combine.
4. Spread vegetables evenly into one layer on pan and roast 20-25 minutes.
5. In a second bowl, combine garlic, mustard, Worcestershire sauce, and one tablespoon oil; whisk ingredients together with a fork or whisk. Add chicken to bowl; using tongs or a fork, turn chicken to coat in marinade. Set aside until vegetables have been in oven for 20-25 minutes.
6. Remove pan from oven, place chicken directly onto pan among vegetables (move some vegetables around to make room for chicken). Discard marinade. Return pan to oven for 20 minutes (or until chicken reaches an internal temperature of 165 degrees), tossing vegetables and turning chicken over halfway through the roasting process.

Nutritional Information:

Calories 370

Total Fat 19g

Sodium 280mg

Total Carbs 12g

Protein 28g