



# Roasted Rosemary Chicken

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

**Equipment:** Large bowl, Measuring spoons, Sheet pan

**Utensils:** Mixing spoon or tongs, Fork or whisk

## Ingredients

### ***For vegetables:***

4 cups firm fresh vegetables, chopped (brussels sprouts, broccoli, cauliflower, etc.)

1 onion, chopped

3 tablespoons olive or vegetable oil

1 tablespoon chopped fresh rosemary OR 1 teaspoon dried rosemary

1/2 teaspoon black pepper

Non-stick 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 vegetables.
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 oil, rosemary, and pepper. Toss to combine.
4. Spread vegetables evenly into one layer on pan and roast 20-25 minutes.
5. Using a whisk or fork, whisk together garlic, mustard, Worcestershire sauce (if using), and remaining tablespoon oil in the bowl used for the vegetables. Add chicken to the bowl and using tongs or a mixing spoon, turn the chicken to coat in the 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 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.

## Tips

- You can substitute fresh vegetables for frozen for a lower cost option.
- If your chicken thighs are large, cut them in half so they cook all the way through and reach an internal temperature of 165 degrees.

### Nutritional Information:

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