

## CHICKEN + FALL VEGETABLE SHEET PAN DINNER

Easy, delicious dinner that comes together on one pan; easy cleanup! Make extra for leftovers, this recipe is easy to double or even triple (if needed)

 30 minutes

 1 hour and 30 minutes

 6 portions

### INGREDIENTS

- 1 whole chicken (about 2 pounds), spatchcocked (read on for instructions)
- 2 large onions, quartered
- 2 large carrots, roughly chopped
- 3 large potatoes (peeled or unpeeled), quartered
- 1 large rutabaga, quartered
- 1 medium acorn squash, seeds and stringy flesh, thinly sliced
- 1/4 cup olive oil
- 1 teaspoon salt
- 1 teaspoon freshly ground black pepper
- 1 teaspoon dried rosemary

### COOKING METHOD

- 1° To spatchcock a chicken; Flip the chicken over on a clean surface so that the backbone is facing up. Using kitchen shears or a sharp knife, cut along both sides of the backbone, and remove (save with the gizzards and neck to make stock later!). Flatten the chicken by using your hands or a sharp knife to break or cut through the breastbone, to make one giant flat bird. Pat dry and move off to the side while you prepare the vegetables. Also, please note that if your chicken has one of those plastic thermometers stuck in the breast, please remove it; these don't tend to pop until the chicken is overcooked. No one wants a sad, overcooked chicken.
- 2° Preheat an oven to 400 degrees. On a large sheet pan; toss all of the vegetables with half of the oil and seasonings. Arrange the vegetables so that they are evenly spread out, not too crowded.
- 3° Place the flattened chicken, skin side up, on top of the vegetables. Coat with the remaining oil and herbs.
- 4° Cook for 60-70 minutes, or until the chicken registers 165 degrees with a thermometer. Let the chicken rest for about 10 minutes before carving.
- 5° If you like your vegetables extra crispy, while the chicken is resting, you may put the vegetables back into the oven under the broiler for a few minutes until they are golden and delicious.
- 6° Cut the chicken into pieces, and serve with the vegetables. Enjoy!

## NUTRITIONAL INFORMATION

|                              | PER 100 g | PER PORTION (547 g) | % DRI |
|------------------------------|-----------|---------------------|-------|
| ENERGY                       | 84 kcal   | 459 kcal            | 23 %  |
| FAT                          | 3 g       | 18 g                | 28 %  |
| FATTY ACIDS, TOTAL SATURATED | 1 g       | 4 g                 | 19 %  |
| CHOLESTEROL                  | 9 mg      | 52 mg               | 17 %  |
| SODIUM                       | 92 mg     | 504 mg              | 21 %  |
| CARBOHYDRATE                 | 10 g      | 55 g                | 18 %  |
| SUGARS                       | 2 g       | 11 g                | —     |
| FIBER                        | 2 g       | 10 g                | 41 %  |
| PROTEIN                      | 4 g       | 22 g                | —     |