

## EASY LEMON HERB-ROASTED CHICKEN + FALL VEGETABLES RECIPE

Ever wondered how to roast a chicken? Here's your answer! This is one of the easiest, most delicious weeknight meals you can prepare. The best part? Leftovers for tomorrow!

 30 minutes 2 hours 8 portions

### INGREDIENTS

- 48 oz of chicken, stewing, meat and skin, raw [1360 g]
- 2 squashes [4 inch dia] of squash, winter, acorn, raw [862 g]
- 3 large units of squash, zucchini, baby, raw [48 g]
- 3 cups, whole of mushrooms, white, raw [288 g]
- 2 large units of onions, raw [300 g]
- 2 tbsps of spices, rosemary, dried [7 g]
- 12 cloves of garlic, raw [36 g]
- 2 tsps of salt, table [12 g]
- 2 tsps, ground of spices, pepper, black [5 g]
- 3 units yields of lemon juice, raw [144 g]
- 1 tbsp of lemon peel, raw [6 g]
- 3 tablespoons of oil, olive, salad or cooking [41 g]

### COOKING METHOD

- 1° Preheat the oven to 400 degrees.
- 2° On a large sheet pan, toss the vegetables with half of the rosemary, garlic, olive oil, salt, and pepper. Spread out the vegetables in a single layer. If the pan is really crowded, you can use two pans, so that they can roast instead of steam.
- 3° To prep the chicken; rinse with water, remove the giblets and neck from the inside. Remove the instant thermometer (if there is one). Flip the chicken over so the backbone is facing up. Using a sharp knife or kitchen shears, cut down the middle and either remove the backbone, or leave it on. Open up the chicken so that you can see the breastbone, and using your knife or your hands, gently crack the bone.
- 4° Flip the chicken over and spread it out over the vegetables. The chicken should be flat, with all of the skin facing up. Drizzle with the rest of the olive oil and season with the other half of rosemary, garlic, salt, and pepper.
- 5° Sprinkle the zest and juice over the chicken and vegetables.
- 6° Bake for 60-70 minutes, or until the thickest part of the breast registers 165 F with a thermometer. If you don't have a thermometer; check that the skin is starting to pull back from the legs to reveal the bone. Do a "wobble check"; if the leg wiggles away very easily, and the juices run clear, the chicken is likely cooked through.
- 7° Let the chicken rest on top of the vegetables for about 10 minutes before carving. Serve the chicken with the vegetables, and drizzle with the pan juices. Save leftovers for tomorrow! Or, you can easily roast two chickens if you are feeding a crowd.

## NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (388 g)	% DRI
ENERGY	146 kcal	566 kcal	28 %
FAT	10 g	40 g	62 %
FATTY ACIDS, TOTAL SATURATED	3 g	11 g	53 %
CHOLESTEROL	31 mg	121 mg	40 %
SODIUM	183 mg	710 mg	30 %
CARBOHYDRATE	5 g	20 g	7 %
SUGARS	1 g	3 g	—
FIBER	1 g	3 g	14 %
PROTEIN	8 g	33 g	—