



## Cornell Health & Nutrition Balanced Choices for Life

### Recipes

Dinner: Basic Roast Chicken

**Serves 4 - 6**

#### Ingredients

1 3½ - 4 lb chicken cut into pieces  
3 tablespoons olive oil  
2½ teaspoons kosher salt  
¾ teaspoon fresh ground black pepper  
1½ lbs red or new potatoes cut into 1½ inch pieces  
3 sprigs fresh rosemary

#### Directions

1. Pre-heat oven to 400 degrees.
2. Mix 1T of olive oil, 1½t salt and ½t of pepper together in a small bowl.
3. Prepare chicken by rinsing and patting dry with a paper towel. Place it in a roasting pan. Drizzle the oil mixture over the chicken and rub it to coat the chicken parts.
4. In a large bowl, combine the potatoes, rosemary, 2T of oil, 1t salt and ¼ t pepper. Stir until the potatoes are coated with oil.
5. Scatter the potatoes around the chicken. Roast until a chicken thigh registers 180 degrees – about 45 minutes.

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