



Cornell Health & Nutrition Balanced Choices for Life

Recipes

Dinner: Roast Chicken with roasted root vegetables

Serves 4 - 6

Ingredients

1 3½ - 4 lb chicken cut into pieces
3 tablespoons olive oil
1½ teaspoons salt
½ teaspoon fresh ground black pepper
2 medium potatoes
1 medium sweet potato
1 sweet onion
1 medium rutabaga or turnip
4 large carrots

Directions

1. Pre-heat oven to 400 degrees.
2. Mix 1T of olive oil, 1t salt and 1/4t 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. Cut potatoes into quarters; cut remaining vegetables into chunks of the same size as the potatoes.
5. In a large bowl, combine the root vegetables, 2T of oil, ½ t salt and ¼ t pepper. Stir until the potatoes are coated with oil.
6. Scatter the vegetables around the chicken. Roast until a chicken thigh registers 180 degrees – about 45 minutes.
7. Serve chicken on a platter with vegetables scattered around, or divide onto plates with 1 piece of chicken and an assortment of vegetables.

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