



## Cornell Health & Nutrition Balanced Choices for Life

### Recipes

#### Dinner: Roast Chicken with Sweet Potatoes and Onions

**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
- 3 springs of fresh rosemary
- 1½ lbs sweet potatoes, peeled and cut into 1½ inch pieces
- 1 medium yellow onion, cut into 1 inch chunks

#### **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.
2. 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.
3. Roast for 25 minutes.
4. While the chicken is roasting, in a large bowl, combine the sweet potatoes, onions, 2T of oil, 1t salt and ¼t pepper. Stir until the potatoes and onions are coated with oil. After the chicken has been roasting for 25 minutes, add the sweet potato mixture to the pan and return to the oven.
4. Continue roasting until a chicken thigh registers 180 degrees and the sweet potatoes are soft – about 20 more minutes.

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