



Cornell Health & Nutrition Balanced Choices for Life

Recipes

Dinner: Roast Chicken with Tomatoes and Mushrooms

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 1 ½ inch pieces
- 1 pint cherry or grape tomatoes
- 8 oz white mushrooms cut into quarters
- 3 sprigs fresh rosemary

Directions

1. Pre-heat oven to 400 degrees.
2. Mix 1 T 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 in a roasting pan. Drizzle the oil mixture over the chicken and rub it to coat the chicken parts.
3. In a large bowl, combine the potatoes, tomatoes, mushrooms, rosemary, 2T of oil, 1t salt and ¼ t pepper. Stir until the vegetables are coated with oil.
4. Scatter the potatoes around the chicken. Roast until a chicken thigh registers 180 degrees – about 45 minutes.

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