

Pan Roasted Chicken and Vegetables

Serves 4



Ingredients:

- 8 red potatoes, washed and cut into 1-inch chunks
- ½ large onion, cut into 1-inch pieces
- 20 baby carrots
- 8 oz mushrooms (1 package)
- 4 bone-in chicken thighs (1½ pounds), skin removed

Roasting Seasoning:

- 3 Tbsp vegetable oil
- 3 garlic cloves, minced
- 1 tsp salt
- 1½ tsp dried rosemary, crushed
- ¾ tsp pepper
- ½ tsp paprika

Directions:

1. Preheat oven to 425°F. Spray 9x13 baking pan with cooking spray.
2. In small bowl, whisk the roasting seasoning ingredients together.
3. In a large bowl, combine potatoes, onions, mushrooms and carrots. Pour half of the roasting seasoning over the vegetables and toss to coat evenly. Spread vegetables in a single layer in the baking pan.
4. Place the chicken in the bowl with the rest of the roasting seasoning. Toss to coat and place the chicken pieces over vegetables.
5. Roast the vegetables and chicken in the oven until a thermometer inserted in chicken reads 170°-175° and vegetables are just tender, about 40-45 minutes.
6. Remove from oven and serve.

Nutrition Facts per 1/4 recipe serving:
470 calories; 13g fat; 75g carbohydrates; 17g protein;
8g sugars; 35mg cholesterol; 720mg sodium.

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