



## Preparation

# Roasted Chicken and Vegetables



1. **Rinse all vegetables and lemons thoroughly.** Be sure to scrub all dirt off of the potatoes and carrots.
2. **Preheat the oven to 425° F.** If you have a convection oven option, preheat it to 400° F.
3. **Using a hand peeler, peel all the carrots.** To keep the potatoes from turning color, put them in a bowl of water after peeling them.
4. **Cut carrots and potatoes into any size or shape desired,** as long as they are all about the same size.
5. **Cut the top of the onion off, and cut in half.** Remove the peel layer. Cut off the root end and then cut into wedges. Set aside.
6. **Remove the thyme and rosemary from stems.** Then chop finely. Mince garlic. Mix together and set aside.
7. **Cut lemon in half** and set aside.
8. **In a 13X9 shallow pan,** add carrots, potatoes, onions, 1/3 of the garlic herb mix and 2 tbsp of olive oil. Mix together until vegetables are well coated. Set aside.
9. **Remove neck and giblets from chicken.** Rinse chicken thoroughly and pat dry with a paper towel.
10. **Rub the rest of the garlic herb mix,** all over the chicken. Place on top of the vegetables.
11. **Squeeze some of the lemon's juice all over the chicken and vegetables.** Then stuff the lemon halves into the chicken.
12. **Roast in the oven for 1 hour and a half or until an internal temperature of 165 degrees F.**
13. **Serve hot and ENJOY!!** Remember to save leftover meat and bones for soup.

MAY CONTAIN  
SULPHITES LUPIN

Nutrition Facts	
Serving	(537g)
Amount Per Serving	
<b>Calories</b>	<b>590</b>
% Daily Value *	
<b>Total Fat 17g</b>	22%
Saturated Fat 4.5g	23%
Trans Fat 0g	
<b>Cholesterol 200mg</b>	67%
<b>Sodium 310mg</b>	13%
<b>Total Carbohydrate 37g</b>	13%
Dietary Fiber 7g	25%
Total Sugars 12g	
Includes 0g Added Sugars	0%
<b>Protein 70g</b>	140%
Vit. D 0.2mcg	1%
Calcium 120mg	9%
Iron 4.1mg	23%
Potas. 1570mg	33%
Vitamin A (ret eq) 16ug	2%
Vitamin B <sub>6</sub> 17mg	1000%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Ingredients

- 1 Whole chicken
- 1 lb Red Bliss Potatoes
- 2 lb Carrots
- 1 medium Onion
- 2 cloves Garlic
- 1 Lemon
- 2 sprigs Rosemary
- 6 sprigs Thyme
- Pepper as desired
- 3 Tbsp Olive oil



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