

Roasted Chicken Breast and Roasted Brussels Sprouts

Recipe by: Chef Jonathan Poyourow, RD, LD

Yield: 4 servings

Ingredients:

2 chickens, (2-pounds each)
6 cups Yukon gold potatoes, diced
1 medium yellow onion, roughly chopped
4 tablespoons olive oil
1 medium lemon, quartered
3 tablespoons fresh sage
3 teaspoons salt
3 teaspoons ground black pepper

For the Brussels sprouts

6 cups Brussels sprouts, sliced in half, lengthwise
2 tablespoons oil
2 teaspoons salt
2 teaspoons pepper

Method of Preparation:

1. Preheat oven to 425 degrees.
2. Combine the potatoes and onion in a large oven-proof skillet and toss with two tablespoons of oil and one teaspoon of salt. Spread evenly over the bottom of the skillet.
3. Remove the neck and any giblets from the cavity of each chicken. Evenly portion the lemon and sage for each chicken and place inside the empty cavity. (*Optional:* Flip the wings under the back of the chicken, and cross and tie the legs together.) Sprinkle the remaining two teaspoons of salt and two teaspoons of pepper onto each chicken with an emphasis over the breasts, thighs, and drumsticks.
4. Place chickens on top of the potatoes in the skillet, breast-sides up. Transfer the skillet to the oven and roast for 50 minutes. After 50 minutes, check the temperature in the thickest part of the thighs. The chicken is fully cooked when it reaches 165 degrees. Remove from the oven and let rest 10 minutes. Transfer to a cutting board and carve.
5. For the Brussels sprouts, slice in half, lengthwise, and place into an oven-proof dish. Toss with two tablespoons oil two teaspoons of salt and pepper. Roast until tender for about 30 minutes, turning at about 15 minutes into the cooking process.
6. Serve chicken breasts warm with potatoes and Brussels sprouts.

Nutritional Analysis:

Calories: 500
Carbohydrates: 58 g
Sodium: 650 mg
Protein: 36 g
Fat: 17 g
Fiber: 10 g

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04.24.17 "Make Ahead Week – Chicken"

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