

Rosemary

ROASTED ROSEMARY CHICKEN

Ingredients:

- 1 lb Brussels sprouts, trimmed & halved
- 1 cup cauliflower florets
- 1 cup broccoli florets
- 1 medium yellow onion, sliced
- 1 lemon, thinly sliced
- 1/4 cup olive oil, divided
- 1 Tbsp chopped fresh rosemary
- 1/2 tsp black pepper
- Non-stick cooking spray
- 5 cloves garlic, minced
- 1 1/2 Tbsp Dijon mustard
- 2 Tbsp low-sodium Worcestershire sauce
- 1 1/2 lbs boneless, skinless chicken breasts, sliced

Preparation:

1. Preheat oven to 450°F.
2. In a large bowl, add Brussels sprouts, cauliflower, broccoli, onion & lemon. Drizzle 3 Tbsp oil, rosemary & pepper over vegetables. Toss to combine.
3. Lightly coat a foil-wrapped sheet pan with cooking spray. Spread vegetables evenly on pan & roast 20-25 minutes.
4. In a small bowl, combine garlic, mustard, Worcestershire sauce & 1 Tbsp oil. Coat chicken with marinade & set aside.
5. Remove pan from oven, place chicken on sheet pan & roast another 12-15 minutes, until chicken is cooked through & Brussels sprouts are tender.

45 Min | Serves 6

Nutrition Facts

6 servings per recipe
Serving size (299g)

Amount per serving
Calories 280

% Daily Value*

Total Fat 12g 15%

Saturated Fat 2g 10%

Trans Fat 0g

Cholesterol 85mg 28%

Sodium 230mg 10%

Total Carbohydrate 14g 5%

Dietary Fiber 5g 18%

Total Sugars 4g

Includes 0g Added Sugars 0%

Protein 30g

Vitamin D 0mcg 0%

Calcium 77mg 6%

Iron 2mg 10%

Potassium 956mg 20%

* 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.

Are calories & sodium close to a match?

1 for 1 certified

This recipe is 1 for 1 certified & meets a lower sodium standard.

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CHOOSE HOME MADE



ROSEMARY

In Season

April - November

How to Select

Choose rosemary with green leaves that are not wilted, brown, or brittle.

How to Store

Rosemary will last up to 2 weeks in the refrigerator. Wrap in a damp paper towel & place in a zip-close bag.

Helpful Tip

Dry rosemary by hanging it upside down at room temperature for 2-3 weeks. When it is completely dry, strip leaves from stems by running your fingers against the direction of growth. Store in a jar up to 12 months.



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