

BRC Healthy Meal of the Week

Roast Rosemary Chicken & Vegetables - A Healthy and Delicious Meal

Ingredients (4 Servings)

8 small chicken drumsticks
4 large red potatoes
2 large peppers
1 large red onion
2 tbsp olive oil
3 tbsp chopped rosemary
2 tbsp chopped garlic
1/2 tsp salt
1/2 tsp pepper
1/2 cup kalmata olives

Cooking Instructions—Total Cooking Time 40 Minutes

1. Position racks to divide oven in thirds. Heat oven to 500 degrees. You'll need 2 rimmed baking sheets lined with non stick foil.
2. Distribute drumsticks, potatoes, peppers, onions evenly between pans. Drizzle with oil; sprinkle with garlic, rosemary, salt and pepper. Toss and turn to coat.
3. Roast for 30 minutes, tossing mixtures after 15 minutes, or until chicken is cooked and vegetables are tender. Arrange on a platter and add olives.

Nutrition Facts

Serving Size is 2 drumsticks and about 2 cups of vegetables

Calories 509

Protein 39g

Carbohydrates 48g

Fiber 6g

Fat 21g

Sat fat 4g

Cholesterol 108mg

Sodium 574mg

