

GREEK ROASTED CHICKEN



By Naomi Kakiuchi, RD, CD

In this Greek-inspired recipe, my dad roasts red potatoes, carrots and parsnips alongside chicken in our Chinese home in Seattle. He always serves it with a leafy green salad topped with feta, tomatoes and Kalamata olives.

INGREDIENTS

Vegetable oil cooking spray
1 whole chicken, washed
6 red potatoes, scrubbed (peel on)
2 carrots, peeled and sliced in half lengthwise
2 parsnips, peeled and sliced in half lengthwise
1 tablespoon extra-virgin olive oil
2 tablespoons Greek seasoning

DIRECTIONS

1. Preheat oven to 400°F. Coat the roasting pan with the cooking spray. Place the chicken in the pan.
2. Toss the potatoes, carrots and parsnips with the olive oil, and then place them in the roasting pan around the chicken. Sprinkle the chicken and vegetables with Greek seasoning.
3. Bake for 10 minutes and then lower the heat to 350°F.
4. Continue to bake until the chicken temperature is 165°F (test with cooking thermometer near chicken thigh), approximately 45 minutes to 1 hour.
5. Baste the chicken and vegetables at least twice with the cooking juices. Remove and discard the chicken skin. Serve hot.

To intensify the flavor, sprinkle 1 tablespoon of Greek seasoning inside the chicken.

NUTRITIONAL INFORMATION | 4 ounces cooked chicken, 1 ¼ cups vegetables

Serves 6

Calories: 300; Total Fat: 6g; Saturated Fat: 1g; Cholesterol: 80mg; Sodium: 115mg;
Total Carbohydrate: 31g; Dietary Fiber: 4g; Protein: 29g. Carbohydrates: 30g; Fiber: 5g;
Sugars: 5g; Protein: 21g; Potassium: N/A; Phosphorus: N/A