



Pan-Roasted Chicken and Vegetables

1 1/2 lbs. Red potatoes, cut into 1 1/2-inch chunks
1 jumbo Onion (1 pound), cut into 12 wedges
4 Garlic cloves, peeled
2 tbsp. Olive oil
1 1/4 tsp. Salt
1/2 tsp. Ground black pepper
1/2 tsp. Dried rosemary
1 lb. Skinless, boneless chicken thighs, each cut into quarters
1 bag (10 ounces) Spinach, stems discarded
Fresh rosemary sprigs for garnish (optional)

Makes 4 servings

- Preheat oven to 475 degrees F. In large roasting pan (17" x 11 1/2"), combine potatoes, onion, garlic, oil, salt, pepper, and rosemary; toss to coat.
- Roast vegetables 25 minutes, stirring once. Add chicken, tossing to coat; roast 15 minutes longer or until juices run clear when thickest part of chicken is pierced with tip of knife.
- Place spinach over chicken mixture and roast 5 minutes longer or until spinach wilts. Toss before serving. Garnish with rosemary sprigs.

Nutritional Information:

Calories: 440 Total Fat: 13
Saturated Fat: 2 Sodium: 930
Carbohydrates: 48 Fiber: 11
Protein: 34