



## BROILED ROSEMARY CHICKEN WITH ROASTED VEGETABLES

### INGREDIENTS

3-4 lbs. fresh chicken, cut into pieces

### SEASONING

1 oz. fresh lemon juice  
 1 tbsp. olive oil  
 1 clove garlic, minced  
 1 tsp. fresh thyme, minced  
 1 tsp. fresh rosemary, hand torn or crumbled  
 Sea salt and freshly ground pepper to taste

### ROASTED VEGETABLES

1/2 cup baby carrots  
 4 young potatoes (small, early picked potatoes)  
 1/2 cup small onions (Cipollini or shallot), whole  
 4 asparagus stalks  
 1/2 cup fennel, chopped  
 2 baby peppers, whole  
 2 baby zucchinis, ends trimmed  
 4 cloves garlic, whole  
 1 tbsp. olive oil

### DIRECTIONS

Rinse and dry chicken thoroughly.

In a bowl, combine all the seasoning ingredients. Add the chicken, covering evenly with seasoning.

Broil the chicken under a preheated broiler about 6 to 10 inches from the heat, turning about 12 minutes into cooking or until golden brown.

Continue cooking for another 12 minutes for a total of 25 to 40 minutes, or until the juices run clear when a thigh is pricked with a skewer.

Toss the carrots, young potatoes, onions, asparagus, fennel, peppers, zucchini and garlic in a bowl with olive oil.

Place on a baking sheet and season with salt and pepper.

Roast in the oven on an upper shelf at 475° for 15 to 20 minutes, turning all vegetables occasionally.

Serve chicken on a plate and garnish with roasted vegetables.



**CALORIES:** 595 • **PROTEIN:** 31 grams • **FIBER:** 9 grams  
**SERVING SIZE:** 1/4 recipe • **SERVES:** 4