

Quick Roast Chicken & Root Vegetables

Ingredients

1 lb turnips, peeled & cut into ½ inch chunks
1 lb baby potatoes, quartered
2 tbsp extra-virgin olive oil, divided
1 tbsp chopped fresh marjoram (or 1 tsp dried)
¾ tsp salt, divided
½ tsp freshly ground pepper, divided
¼ cup all-purpose flour
1 cup reduced-sodium chicken broth
2 bone-in chicken breasts (12 oz ea.), skin & fat removed, cut in half cross-wise
1 large shallot, chopped
1 tbsp Dijon mustard
2 tsp red or white wine vinegar



Preparation

1. Preheat oven to 500 °F.
2. Toss turnips, potatoes, 1 tbsp oil, marjoram, ½ t salt, and ¼ tsp pepper together in a medium bowl. Spread in an even layer on a large baking sheet. Roast for 15 minutes.
3. Meanwhile, place flour in a shallow dish. Transfer 2 tsp of the flour to a small bowl and whisk in broth; set aside. Season chicken with the remaining ¼ tsp salt and ¼ tsp pepper. Dredge the chicken in the flour, shaking off excess. (Discard any leftover flour.)
4. Heat the remaining 1 tbsp oil in a large skillet over medium heat. Add the chicken, skinned-side down, and cook until well-browned on the bottom, about 5 minutes. Remove from the heat.
5. After the vegetables have been roasting for 15 minutes, stir them and place one piece of chicken, skinned side up, in each corner of the baking sheet. (Set the skillet aside.) Return the vegetables and chicken to the oven and roast until the chicken is cooked through and the vegetables are tender, about 20 minutes more.
6. When the chicken and vegetables have about 10 minutes left, return the skillet to medium heat. Add shallot and cook, stirring, until fragrant, about 1 minute. Whisk the reserved broth mixture again, add to the pan and bring to a boil. Cook, stirring occasionally, until reduced by about half, about 8 minutes. Stir in the mustard & vinegar. Serve the chicken & vegetables with the sauce. Serves 4.

Nutrition (per serving)

333 calories, 10g fat (2g sat, 6g mono); 72mg cholesterol; 29g carbohydrates; 31g protein; 4g fibre; 770mg sodium; 1033mg potassium.

Nutrition Bonus: Vitamin C (58% DV), Potassium (30% DV), Magnesium (16% DV)