



Pan Roasted Chicken & Vegetables

This simple dinner can be customized with just about any vegetables you have on hand.

<u>U.S.</u>		<u>Metric</u>
3/4 tsp	Kosher Salt, divided in half	6g
To taste	Black Pepper, ground	To taste
1 tsp	Cumin Seeds or Ground Cumin	3g
1 tsp	Chili Powder (optional)	3g
1 tsp	Garlic Powder	3g
1 tsp	Onion Powder	3g
4 tsp	Olive Oil, divided in half	20mL
1 large head (about 3 cups)	Broccoli, cut into small florets	1 large head
1/2 medium (about 2 cups)	Cauliflower, cut into small florets	1/2 medium
1 small	Red Onion, sliced 1/4" thick	1 small
1 1/2 lb (about 5 each)	Chicken Breast OR Thighs, boneless, skinless	710 g (about 5 each)
1 Tbsp	Dijon Mustard	15mL
1 tsp	Dried Thyme	1g

Preparation:

1. Gather all ingredients and equipment. Line a baking sheet with tin foil or parchment paper.
2. Preheat the oven to 400°F (205°C).
3. Prepare vegetable spice mix by mixing together 1/2 of the salt, black pepper, cumin, chili powder, garlic powder, and onion powder.
8. Cut the broccoli and cauliflower into bite-sized florets and slice the onion into 1/4" slices. Toss with the seasoning blend and 2 tsp of olive oil. Place on the prepared baking sheet. Leave room for the chicken, it will be cooked on the same pan.
3. Pat chicken dry with a paper towel. Trim away any excess fat.
4. In a small bowl, whisk to combine the remaining 2 tsp of olive oil with the Dijon mustard, thyme, the remaining salt, and black pepper.
5. Spread Dijon mixture evenly over both sides of the chicken and place on the baking sheet with the vegetables.
10. Roast until the chicken reaches an internal temperature of 165° F (74° C) and the vegetables are tender and brown, about 15 - 20 minutes.
11. Allow chicken to rest for 3-5 minutes before serving.

Nutrition Facts - Chicken Thighs

5 Servings

Serving size 4 ounces chicken and 1 cup vegetables

Amount per serving

Calories 240

Total Fat	10 g
Saturated Fat	2 g
Trans Fat	0 g
Monounsaturated Fat	4.5 g
Cholesterol	130 mg
Sodium	540 mg
Total Carbohydrate	8 g
Dietary Fiber	3 g
Total Sugars	2 g
Includes 0g Added Sugars	
Protein	29 g
Vitamin D	0 %
Calcium	4 %
Iron	10 %
Potassium	700 mg
Phosphorus	310 mg

Nutrition Facts - Chicken Breast

5 Servings

Serving size 4 ounces chicken and 1 cup vegetables

Amount per serving

Calories 240

Total Fat	8 g
Saturated Fat	1.5 g
Trans Fat	0 g
Monounsaturated Fat	3.5 g
Cholesterol	100 mg
Sodium	470 mg
Total Carbohydrate	8 g
Dietary Fiber	3 g
Total Sugars	2 g
Includes 0g Added Sugars	
Protein	33 g
Vitamin D	0 %
Calcium	4 %
Iron	7 %
Potassium	800 mg
Phosphorus	350 mg
