

Herb-Roasted Chicken & Vegetables

Reynolds Consumer Products, Inc.

Servings: 6

4 to 6 bone-in chicken pieces
2 tablespoons olive oil, divided
1 1/2 teaspoons dried basil
1 teaspoon dried rosemary
1 teaspoon garlic salt
4 medium red-skin potatoes,
quartered
1 package (8 ounce) peeled baby
carrots
1 medium onion, cut in eighths
heavy-duty aluminum foil

Preheat the oven to 425 degrees.

Line a 13x9x2-inch pan with heavy-duty aluminum foil.

Place the chicken pieces in the pan. Brush the chicken pieces with one tablespoon of the olive oil.

In a medium bowl, combine the basil, rosemary and garlic. Sprinkle one-half of the herb mixture on the chicken.

Add the remaining olive oil, potatoes, carrots and onion to the bowl with the herb mixture. Stir to coat. Arrange the vegetables in an even layer around the chicken. Cover the dish with a sheet of aluminum foil.. Fold back one corner of the cover for heat circulation.

Bake for 45 to 50 minutes or until the vegetables are done and a meat thermometer reads 170 degrees for white meat or 180 degrees for dark meat. Carefully remove the cover.

TIP: To line the pan, flip the pan upside down. Press a sheet of foil around the pan. Remove the foil. Flip pan upright and drop the foil inside. Crimp the edges to the rim of the pan.

Per Serving (excluding unknown items): 49 Calories; 5g Fat (81.3% calories from fat); trace Protein; 2g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 342mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Vegetable; 1 Fat; 0 Other Carbohydrates.

Chicken

Per Serving Nutritional Analysis

Calories (kcal):

49

Vitamin B6 (mg):

trace

% Calories from Fat:	81.3%
% Calories from Carbohydrates:	16.6%
% Calories from Protein:	2.2%
Total Fat (g):	5g
Saturated Fat (g):	1g
Monounsaturated Fat (g):	3g
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	2g
Dietary Fiber (g):	1g
Protein (g):	trace
Sodium (mg):	342mg
Potassium (mg):	43mg
Calcium (mg):	14mg
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	2mg
Vitamin A (i.u.):	41IU
Vitamin A (r.e.):	4RE

Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	5mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	1
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 49 Calories from Fat: 40

% Daily Values*

Total Fat 5g	7%
Saturated Fat 1g	3%
Cholesterol 0mg	0%
Sodium 342mg	14%
Total Carbohydrates 2g	1%
Dietary Fiber 1g	3%
Protein trace	
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Vitamin A	1%
Vitamin C	3%
Calcium	1%
Iron	1%

* Percent Daily Values are based on a 2000 calorie diet.