
Roasted Chicken and Sausage

Judy Phelps

St Therese de Lisieux Commemorative Cookbook - Wellington, FL - 2010

Servings: 6

1 large onion, cut into six chunks
1/2 cup olive oil
2 teaspoons Dijon mustard
1 tablespoon dried sage
pepper (to taste)
juice of one lemon
1 tablespoon Worcestershire sauce
1 chicken, cut up
6 sweet Italian sausages
6 potatoes, peeled and cut in half
6 large carrots, peeled

In a large bowl, mix together the onion, olive oil, mustard, sage, pepper, lemon juice and Worcestershire sauce. Add the chicken to the marinade and toss well.

Refrigerate for two hours, turning the chicken in the marinade at least once.

Remove the chicken and allow to come to room temperature.

Place the chicken and marinade in a roasting pan. Scatter the sausages, potatoes and carrots around the chicken pieces.

Roast in a 450 degree oven for one hour. Baste with pan juices and brush with marinade periodically.

Chicken

Per Serving (excluding unknown items): 833 Calories; 57g Fat (62.2% calories from fat); 47g Protein; 32g Carbohydrate; 5g Dietary Fiber; 226mg Cholesterol; 252mg Sodium. Exchanges: 1 1/2 Grain(Starch); 6 Lean Meat; 1 1/2 Vegetable; 7 1/2 Fat; 0 Other Carbohydrates.