



Roasted Rosemary Chicken & Veggies

SERVING: 1 / 6 RECIPE
YIELD: 6

PREP TIME: 5 MINS
TOTAL TIME: 30 MINS

Ingredients

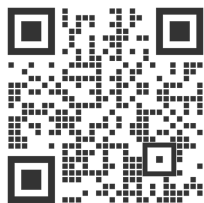
- 2 cups Brussels sprouts, trimmed & halved
- 1pkg (12oz) Broccoli Cauliflower Florets
- 1 medium Red Onion, sliced
- 1 Lemon, thinly sliced
- 3 tbsp Extra Virgin Olive Oil, divided
- 1 tsp Rosemary Leaves
- 1/2 tsp Black Pepper
- Non-stick cooking spray
- 1 tbsp (6 cloves) Minced Garlic
- 1 -1/2 tbsp Dijon Mustard
- 2 tbsp Worcestershire Sauce
- 1 tsp Mrs. Dash Chicken Seasoning or Poultry Seasoning
- 1-1/2 lbs Boneless, Skinless Chicken Breasts, sliced

Directions

- 1.Preheat oven to 450° F.
- 2.In a large bowl, add Brussels sprouts, cauliflower, broccoli, onion & lemon. Drizzle 2 Tbsp extra virgin olive oil, rosemary & black pepper over vegetables. Toss to combine.
- 3.Lightly coat a foil-wrapped sheet pan with cooking spray. Spread vegetables evenly on pan & roast 5-10 minutes.
- 4.In the same bowl, combine garlic, mustard, 1 tbsp extra virgin olive oil & Worcestershire sauce. Toss chicken with marinade.
- 5.Add chicken to sheet pan & roast another 12-15 minutes, until chicken is cooked through (internal temp 165° F).
Enjoy!

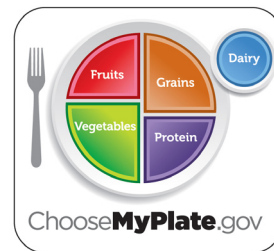
Nutrition Facts	
6 servings per container	
Serving size	1/6 (0.0g)
Amount Per Serving	
Calories	230
% Daily Value*	
Total Fat 9g	12%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 65mg	22%
Sodium 240mg	10%
Total Carbohydrate 11g	4%
Dietary Fiber 3g	11%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 29g	
Vitamin D 0mcg	0%
Calcium 50mg	4%
Iron 2mg	10%
Potassium 360mg	8%
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

*Cost information includes lower cost ingredients found at local grocery store 02/27/23.



Cost Per Recipe	Cost Per Serving
\$17.33	\$2.96

add more vegetables to your day



10 tips to help you eat more vegetables

It's easy to eat more vegetables! Eating vegetables is important because they provide vitamins and minerals and most are low in calories. To fit more vegetables in your meals, follow these simple tips. It is easier than you may think.

1 discover fast ways to cook

Cook fresh or frozen vegetables in the microwave for a quick-and-easy dish to add to any meal. Steam green beans, carrots, or broccoli in a bowl with a small amount of water in the microwave for a quick side dish.

2 be ahead of the game

Cut up a batch of bell peppers, carrots, or broccoli. Pre-package them to use when time is limited. You can enjoy them on a salad, with hummus, or in a veggie wrap.



3 choose vegetables rich in color

Brighten your plate with vegetables that are red, orange, or dark green. They are full of vitamins and minerals. Try acorn squash, cherry tomatoes, sweet potatoes, or collard greens. They not only taste great but also are good for you, too.

4 check the freezer aisle

Frozen vegetables are quick and easy to use and are just as nutritious as fresh veggies. Try adding frozen corn, peas, green beans, spinach, or sugar snap peas to some of your favorite dishes or eat as a side dish.

5 stock up on veggies

Canned vegetables are a great addition to any meal, so keep on hand canned tomatoes, kidney beans, garbanzo beans, mushrooms, and beets. Select those labeled as "reduced sodium," "low sodium," or "no salt added."



6 make your garden salad glow with color

Brighten your salad by using colorful vegetables such as black beans, sliced red bell peppers, shredded radishes, chopped red cabbage, or watercress. Your salad will not only look good but taste good, too.



7 sip on some vegetable soup

Heat it and eat it. Try tomato, butternut squash, or garden vegetable soup. Look for reduced- or low-sodium soups.

8 while you're out

If dinner is away from home, no need to worry. When ordering, ask for an extra side of vegetables or side salad instead of the typical fried side dish.

9 savor the flavor of seasonal vegetables

Buy vegetables that are in season for maximum flavor at a lower cost. Check your local supermarket specials for the best-in-season buys. Or visit your local farmer's market.



10 try something new

You never know what you may like. Choose a new vegetable—add it to your recipe or look up how to fix it online.