



Roasted Balsamic Chicken and Vegetables

A savoury one-pot dish that combines succulent chicken with savoury vegetables. The chicken and vegetables are simply seasoned with rosemary, thyme, oregano and balsamic vinegar which makes for an easy meal with little clean up. As an additional benefit, any leftovers can be used the following day on top of a salad or in a sandwich with spinach and tomato.

Prep: 30 minutes • Total: 90 minutes

Ingredients:

Whole chicken (giblets removed)	2-3 lbs	0.9-1.3 kg
Red onion, thinly sliced	1 each	1 each
Garlic, sliced into quarters	2 cloves	2 cloves
Eggplant, ½ inch slices, halved	1 small	1 small
Zucchini, ½ inch slices	2 each	2 each
Cherry tomatoes, halved	½ cup	125 mL
Red bell pepper, ½ inch slices	2 each	2 each
Mushrooms, sliced	1 cup	250 mL
Rosemary, fresh	1 sprig	1 sprig
Thyme, fresh	1 sprig	1 sprig
Dried oregano	1 tsp	5 mL
Balsamic vinegar	¼ cup	60 mL
Olive oil	¼ cup	60 mL

Directions:

1. Preheat oven to 400 degrees.
2. Rub the outside of the chicken with 2 tbsp of olive oil.
3. Finely chop the rosemary and thyme and add the dried oregano.
4. Rub the chicken with the herb blend and reserve extras.
5. Place the tomatoes, onion, garlic, eggplant, zucchini, peppers and mushrooms in a large roasting pan.
6. Drizzle with remaining 2 tbsp olive oil. Add the balsamic vinegar and stir until all vegetables are evenly coated.
7. Place the chicken on top of the vegetables and pierce 8 holes into the body of the chicken.
8. Insert the cloves of garlic into the hole.
9. Place into the oven for 50-60 minutes.

Nutrition Facts

Serving Size (629g)

Servings Per Container

Amount Per Serving

Calories 520 **Calories from Fat 170**

% Daily Value*

Total Fat 19g **29%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 180mg **60%**

Sodium 105mg **4%**

Total Carbohydrate 24g **8%**

Dietary Fiber 8g **32%**

Sugars 12g

Protein 63g

Vitamin A 4% • Vitamin C 230%

Calcium 8% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories:	2,000	2,500
Total Fat	Less than	65g	80g	
Saturated Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Adapted from:

*NutritionRx in partnership with
Chef Lindsay Sferrazza*

Makes 4 servings (629 g / serving) • 1 serving = 4 oz chicken and 2 cups vegetables

Prepared By: Jennifer Broxterman, Registered Dietitian & Shannon Smith, BScFN Foods & Nutrition student
NutritionRx • Email: info@nutritionrx.ca • **Phone:** (519) 520-9549 • **Website:** www.nutritionrx.ca