

## Roasted Chicken with Root Vegetables

(Makes 6 servings)

*Trying to keep your food budget in check this year? Or, just looking for a simple, but comforting, dish to chase away the winter chill? Either way, give our roasted chicken with root vegetables a try. Any leftovers are welcome the next day for salads or sandwiches.*

### **Ingredients:**

- One 4-pound roasting chicken
- Olive oil cooking spray
- Dried Italian herb seasoning
- 6 small Yukon Gold potatoes, quartered (about 12 ounces)
- 1 pound carrots
- 1 pound parsnips
- Freshly ground pepper
- Kosher salt, optional

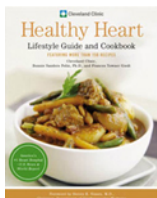
### **Directions:**

- 1) Preheat the oven to 400°F.
- 2) Rinse the chicken, discarding the giblets, neck and any visible fat. Pat dry with paper towels. Place the chicken on a rack in a shallow roasting pan. Lightly coat with cooking spray and sprinkle with Italian seasoning. Roast for 30 minutes.
- 3) Meanwhile, arrange the potatoes, carrots and parsnips in a second shallow pan. Coat with cooking spray and sprinkle with Italian seasoning, pepper and salt, if using. Place in oven alongside the chicken and continue to roast for another 35 to 45 minutes, until the chicken is done and the vegetables are golden brown and tender.
- 4) Transfer the chicken to a carving board and the vegetables to a heated serving platter. Allow the chicken to rest for 10 minutes before carving, discarding the skin. Add the cut chicken to the platter and serve.

### **Nutritional Analysis:** (per serving / 3 ounces chicken plus one-sixth of the vegetables)

- Calories: 280 (20% calories from fat)
- Total Fat: 6 g
- Saturated Fat: 1.5 g
- Protein: 24 g
- Carbohydrate: 1 g
- Dietary Fiber: 7 g
- Cholesterol: 65 mg
- Sodium: 125 mg
- Potassium: 720 mg

### **Source:**



*This heart-healthy recipe and more than 150 others are available from the nation's #1 heart center in the "Cleveland Clinic Healthy Heart Lifestyle Guide and Cookbook" (© 2007 Broadway Books).*

*The cookbook is available in bookstores or online from Randomhouse.com, BN.com or Amazon.com.*