



# Italian Roasted Chicken



## Ingredients



- 1/4 cup olive oil
- 2 tsp. vinegar (any kind)
- 1 T. Montreal chicken seasoning
- 1 T. Italian seasoning
- 2 boneless chicken breasts or 1/2 chicken

Yield: 2-3 servings



## Directions



1. Whisk olive oil, vinegar, and spices in a bowl until combined.
2. Completely cover chicken with marinade. Store in sealable, airtight container (a baggie or plastic container will work well). Marinate chicken for at least 4 hours or overnight.
3. Preheat oven to 350 degrees. When oven is preheated, place chicken on a sheet pan and place in oven. Roast for 40-50 minutes, until the internal temperature reads 165 degrees on a food thermometer. Remove from the oven and let sit at least 10-15 minutes before serving.

Visit [secondharvestkitchen.org](http://secondharvestkitchen.org) to find more recipes, free classes, and ways to get involved!



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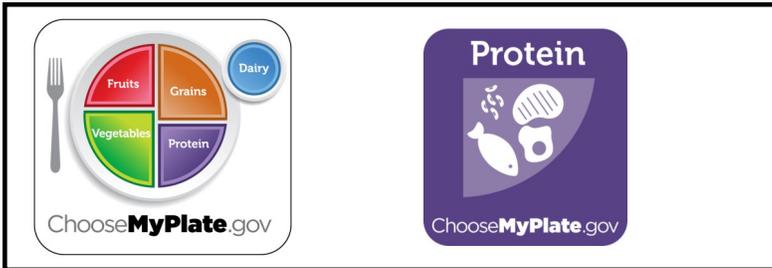
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# Fast Facts



## Featured Food Groups



## Cooking Tips

- Check the chicken after 30 minutes in the oven to see how it is cooking.
- Use other spices you like in your marinade.
- Utilize pre-made spice blends in marinades. They are both inexpensive and flavorful.

Second Harvest is an equal opportunity provider.

## Nutrition Facts



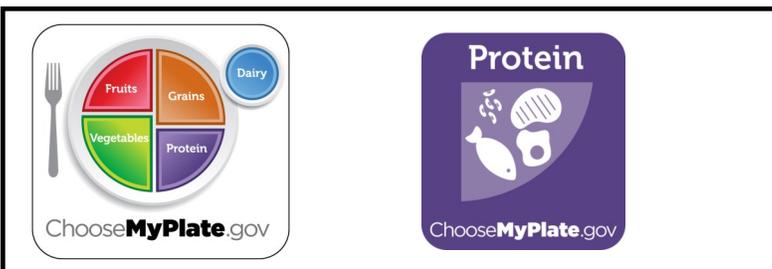
<b>Nutrition Facts</b>	
3 servings per container	
<b>Serving size</b>	
<b>Amount Per Serving</b>	<b>250</b>
<b>Calories</b>	<b>% Daily Value*</b>
<b>Total Fat</b> 20g	<b>26%</b>
Saturated Fat 3g	15%
Trans Fat 0g	
Polyunsaturated Fat 2g	
Monounsaturated Fat 14g	
<b>Cholesterol</b> 55mg	<b>18%</b>
<b>Sodium</b> 340mg	<b>15%</b>
<b>Total Carbohydrate</b> 0g	<b>0%</b>
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Sugar Alcohol 0g	
<b>Protein</b> 17g	<b>34%</b>
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0.36mg	2%
Potassium 235mg	4%
*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.	



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