



Roast Chicken with Fingerling Potatoes



Ingredients



Chef Joe Kubista of Franklin's in CDA

- 1 lb. of your favorite chicken part.
- 1-2 lbs. of fingerling potatoes
- 2-3 wax peppers
- 2 cups of chicken stock
- 2 Tbls. of butter
- 2 Tbls. of butter
- 1-2 Tbls. of olive oil
- 1-2 Tbls. of water
- 1-2 Tbls. of fresh Tarragon



Directions



Yield: 2 servings **Serving size: 8 ounces**

Total cost:

Serving cost:

1. Dice the Peppers into 1/2 squares and cut the potatoes in half and toss in the olive oil. Season with salt and pepper and garlic powder. Bake in oven at 450 for about 30 minutes.
2. Drizzle olive oil over the chicken and season with salt & pepper. Start browning in a skillet..
3. When the chicken has browned, place it in the oven with the potatoes until it reaches 165.
4. In a sauce pan heat make a roux with the flour and butter and slowly add the chicken stock.
5. Add the tarragon and seasoning and let the sauce reduce.
6. When the sauce is ready serve over the roasted chicken and potatoes

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!

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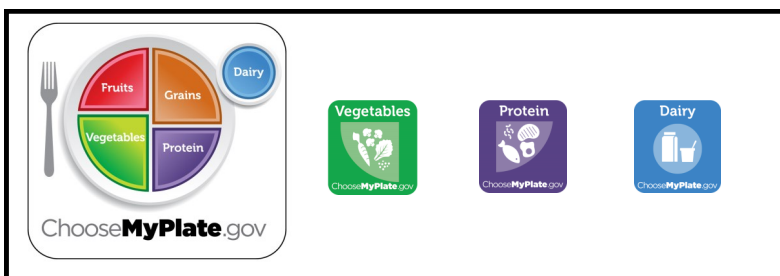
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Fast Facts



Featured Food Groups



Cooking Tips



- Have other fresh herbs handy? Use them! Basil, thyme, or rosemary work well.
- Don't have chicken stock? Vegetable stock or water also will work fine.

Roast Chicken with Fingerling Potatoes		
Nutrition Facts		
Serving Size	1 Serving	
Amount Per Serving		
Calories	575.2	
		% Daily Value
Total Fat	32.1 g	41 %
Saturated Fat	11.1 g	55 %
Trans Fat	0.6 g	
Cholesterol	110 mg	8 %
Sodium	509.1 mg	22 %
Total Carbohydrate	35.7 g	13 %
Dietary Fiber	3.7 g	13 %
Total Sugars	11.1 g	
Added Sugars	0 g	0 %
Protein	35.4 g	
Vitamin D	0.1 mcg	1 %
Calcium	79.7 mg	6 %
Iron	3.8 mg	21 %
Potassium	1392.2 mg	30 %
* 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.		
Full info at cronometer.com		
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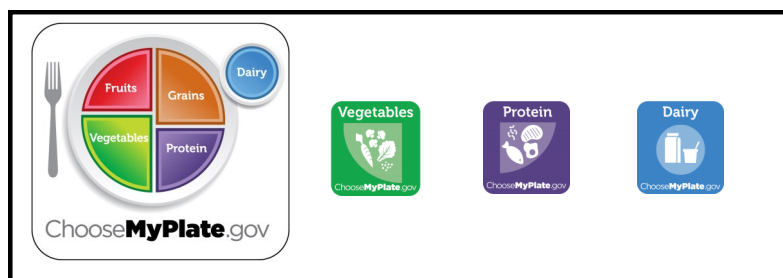
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