



# Roasted BBQ Chicken with Roasted Veggies



## Ingredients



Recipe from Chef Laurent of Fleur de Sal



Yield: 8 servings

Servings size: 6 oz. chicken

<p>1 Whole Chicken Veggies to roast</p> <p><b>Vinaigrette:</b></p> <ul style="list-style-type: none"> <li>• 1/2 cup of oil</li> <li>• 1 tsp. sugar</li> <li>• 2 tsp. Dijon mustard</li> <li>• 2 Tbsp. balsamic vinegar</li> <li>• S&amp;P to taste</li> </ul>	<p><b>BBQ Sauce:</b></p> <ul style="list-style-type: none"> <li>• 1 cup of ketchup</li> <li>• 1/3 cup brown sugar</li> <li>• 2 Tbsp. Worcestershire sauce</li> <li>• 1/2 tsp. prepared garlic</li> <li>• 1/4 chopped onion</li> </ul>
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## Directions



<p><b>Veggies:</b></p> <ol style="list-style-type: none"> <li>1. Cut all veggies into one-inch cubes</li> <li>2. Toss in bowl with oil, garlic and your favorite herb</li> <li>3. Roast in oven at 400 until soft and keep warm</li> </ol>	<p><b>BBQ Sauce and Chicken:</b></p> <ol style="list-style-type: none"> <li>1. Cook BBQ sauce on low for one hour and process in blender or not!</li> <li>2. Toss the chicken in BBQ and roast in oven until fully cooked</li> <li>3. Serve the rest of the sauce on the side</li> </ol>
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# Fast Facts



## Featured Food Groups



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## Cooking Tips



- Use whatever veggies you have on hand: potatoes, carrots, onion, root veggies or even celery!
- Left over chicken bones can be boiled with water tor left over veggies to make chicken broth.

## Nutrition Facts

### Nutrition Facts

8 servings per container	
<b>Serving size</b>	<b>1 cup</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>380</b>
% Daily Value*	
<b>Total Fat</b> 24g	<b>31%</b>
Saturated Fat 4.7g	<b>24%</b>
<i>Trans Fat</i> 0.4g	
<b>Cholesterol</b> 65mg	<b>22%</b>
<b>Sodium</b> 440mg	<b>19%</b>
<b>Total Carbohydrate</b> 22g	<b>8%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 9g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 22g	<b>44%</b>

Not a significant source of vitamin D, calcium, iron, and potassium

\*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.

Second Harvest is an equal opportunity provider.



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