



# Roasted BBQ Chicken with Roasted Veggies



## Ingredients



Recipe from Chef Laurent of Fleur de Sal

- 1 Whole Chicken
- Veggies to roast

### Vinaigrette:

- 1/2 cup of oil
- 1 t. sugar
- 2 t. Dijon mustard
- 2 T. balsamic vinegar
- S&P to taste

### BBQ Sauce:

- 1 cup of ketchup
- 1/3 brown sugar
- 2 T. Worcestershire sauce
- 1/2 prepared garlic
- 1/4 chopped onion

Servings: 8



## Directions



### Veggies:

- Cut all veggies into one-inch cubes
- Toss in bowl with oil, garlic and your favorite herb
- Roast in oven at 400 until soft and keep warm

### BBQ Sauce and Chicken:

- Cook BBQ sauce on low for one hour and process in blender or not!
- Toss the chicken in BBQ and roast in oven until fully cooked
- Serve the rest of the sauce on the side

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



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# Fast Facts



## Featured Food Groups



## 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</i> Fat 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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