



Roasted Chicken with Italian Seasoning



Ingredients



- 1/4 cup olive oil
 - 2 tsp. vinegar (any kind)
 - 1 Tbsp. Montreal chicken seasoning
 - 1 Tbsp. Italian seasoning
 - 2 boneless chicken breasts or 1/2 chicken
- Yield: 2-3 servings
Serving Size: 6 oz.
Total Cost: \$3.00
Serving Cost: \$1.00



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 to find more recipes, free classes, and ways to get involved!



Roasted Chicken with Italian Seasoning



Ingredients



- 1/4 cup olive oil
 - 2 tsp. vinegar (any kind)
 - 1 Tbsp. Montreal chicken seasoning
 - 1 Tbsp. Italian seasoning
 - 2 boneless chicken breasts or 1/2 chicken
- Yield: 2-3 servings
Serving Size: 6 oz.
Total Cost: \$3.00
Serving Cost: \$1.00



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 to find more recipes, free classes, and ways to get involved!



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.

Nutrition Facts



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

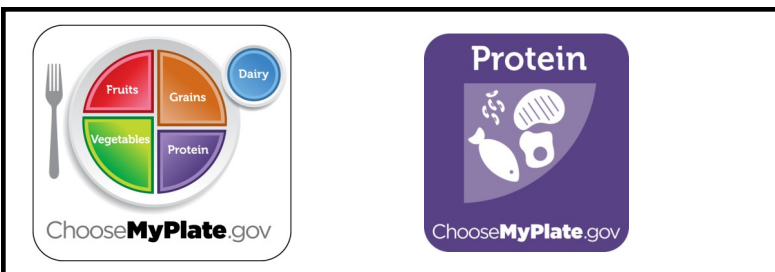
Second Harvest is an equal opportunity provider.



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.

Nutrition Facts



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

Second Harvest is an equal opportunity provider.