

Recipe For Roast Chicken with Vegetables and Baked Potato

1 serving

Equipment Needed:

Measuring cups and measuring spoons

Small dish

Baking Dish with wire rack

Cutting board

Knife

Vegetable steamer (can use a colander resting in a pot with water in the bottom)

To Make The Recipe:

1 chicken breast* (6 oz), with skin, bone-in

1 tsp raw honey

1 small clove garlic

1/4 tsp dried oregano

1 tsp olive oil

1 small Yukon Gold potato, washed

1 cup kale

1 cup zucchini

1 cup carrots, sliced

2 tbsp onion

3 tbsp full-fat Mediterranean yogurt*

1 tbsp lemon juice

Sea salt and pepper to taste

Mix the oil, honey, oregano and 1/2 the garlic clove in a small dish and spread over the chicken breast. Place the chicken on a wire rack with a baking dish underneath. Place in a preheated oven at 350 degrees F. Pierce the potato with a fork and place in the oven. Bake the chicken and potato for about 45 minutes until the chicken is golden and the potato is soft when poked with a fork. About 5-10 minutes before the chicken and potatoes are done, place the carrots and 1 tbsp of the onion in a double boiler or steamer and steam for 1 minute. Add the kale and continue to steam both for another 4 minutes. Add the zucchini and steam another 3 minutes. Once the vegetables are soft, remove from the stove and place on a plate. Mix together with 1/2 the lemon juice, 1 tbsp yogurt and the rest of the garlic. Toss altogether and season to taste with salt and pepper. Place the chicken breast on the plate and sprinkle the rest of the lemon juice on top and season with sea salt and pepper. Place the baked potato on the plate and cut in half. Mix the remaining yogurt and remaining onion along with sea salt and pepper to taste on top of the potato.

*Mediterranean yogurt is a creamy full-fat yogurt that has the texture of sour cream with fewer calories. Greek yogurt has the same calorie count but has no fat and a higher protein count (because the fat has been strained out). Both of these work in the recipes in this book and count as fermented food so choose the one you like best.

