



HERB ROASTED CHICKEN AND VEGETABLES

Ingredients:

- 2 pounds of bone-in chicken
- 1 pound of small red and white potatoes
- 1/2 cup of peeled and sliced carrots
- 1 onion, cut into chunks
- 1 tablespoon of olive oil
- 2 tablespoons of Italian seasoning
- 1 tablespoon of parsley
- 1/2 teaspoon of salt

Directions:

In a large bowl, combine the chopped onion, halved potatoes, and chopped carrots. Drizzle with olive oil and add Italian seasoning, salt and pepper. Toss to coat.

Add the vegetable mixture to a baking pan (or two) and place chicken on top. Sprinkle the dish with parsley and a little more salt and pepper. Cover it, then freeze.

Thaw in the refrigerator overnight before cooking. Then, bake the uncovered dish at 375° for 45 minutes to one hour.

If you'd prefer the chicken to be crispy, you can uncover the dish and cook a few minutes longer, or you can place the dish under the broiler for 5 or so minutes.

*Side note: Because I felt like cooking 2 pounds of chicken all at once was a lot, I decided to divide the recipe using two smaller pans. This way, I was able to make two separate meals out of it. Totally your call!