



## Baked Chicken with Cabbage, Carrots, and Onions

*Makes 4 servings*

- 4 chicken breast halves (bone-in, skin-on)
- 1 head cabbage, chopped
- 1 large onion, cut into eighths
- 1 pound bag of baby carrots
- 1 teaspoon kosher salt, divided
- 1 teaspoon black pepper, divided
- 2–3 sprigs fresh rosemary, finely minced (2–3 teaspoons)
- 1 head garlic, cloves separated and left unpeeled (or 4–5 teaspoons minced garlic)
- 1 lemon, quartered
- ¼ cup extra-virgin olive oil
- 3 tablespoons red wine vinegar

### Nutrition (per serving)

Calories: 440  
Fat (g): 28  
Sat. Fat (g): 6  
Chol (mg): 93  
Sodium (mg): 671  
Carb (g): 17  
Fiber (g): 4  
Protein (g): 32

### Core Food Plan (per serving):

Proteins: 3.5  
Fats & Oils: 3.5  
ns Veg: 3.5

### Directions

1. Preheat oven to 450° F.
2. To a 12 x 16-inch glass dish or roasting pan, add chicken, cabbage, onion, and carrots. In a small bowl, mix together ½ t salt, ½ t pepper, and minced rosemary. Sprinkle over chicken and veggies. Toss well.
3. Arrange chicken so that it lies on top of veggies skin-side up. Also add garlic cloves and quartered lemon on top of veggies.
4. In another small bowl, use whisk to mix together oil, vinegar, and remaining ½ teaspoon salt and ½ teaspoon pepper. Drizzle over the chicken and veggies.
5. Roast in oven for 50 minutes. Chicken should be browned and cooked through. Vegetables should be tender.

**Tips:** Alternatively, consider roasting a whole chicken, instead of chicken breast halves.