WHAT'S COOKING IN THE MARKET?
Herbed Chicken with Cauliflower & Tomatoes

Servings: 4

Ingredients

1 3 1/2 to 4 lb chicken
3 T. olive oil
10 sprigs thyme, plus chopped fresh thyme for garnish
1 1lb head cauliflower, cared and cut into 1-1/2 inch florets
1 pint cherry tomatoes
4 shallots, halved
1/4 cup dry white wine

Directions

1. Preheat the oven to 425 degree Fahrenheit. Place the chicken in a large cast-iron skillet. Rub with 1 T. oil; season with salt and pepper. Stuff 5 sprigs thyme in the cavity. Using kitchen twine, tie the legs together. Roast 25 minutes.

2. In a large bowl, toss the cauliflower, tomatoes, shallots, and the remaining 5 sprigs thyme and 2 tbsp oil; season.

3. Arrange the vegetable mixture around the chicken Roast, stirring the vegetables after 20 minutes, until the cauliflower is browned and tender and an instant-read thermometer inserted into the thickest part of the chicken thigh registers 165 degrees, about 35 minutes more. Transfer the chicken to a platter.

4. Add the wine to the skillet and stir until reduced slightly, about 1 minute. Sprinkle the vegetables with the chopped thyme; serve with the chicken.

NUTRITION INFORMATION PER SERVING

Key Nutrients	Amount	% Daily Value
Total Calories	620	
Total Fat	23g	35%
Saturated Fat	4.5g	23%
Trans Fat		
Cholesterol	280mg	93%
Sodium	670mg	28%
Carbohydrates	9g	3%
Dietary Fiber	4g	16%
Sugars	5g	
Protein	88g	

MYPLATE FOOD GROUPS

- [ ] Grains
- [ ] Fruits
- [x] Vegetables
- [x] Protein
- [ ] Dairy

K·STATE Research and Extension

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.