

## Roast Chicken with Herb Roasted Potatoes and Zucchini

Recipe by: Chef Jonathan Poyourow, RD, LD

Yield: serves 4

### Ingredients:

2 whole chickens (3-5 pounds each)  
4 tablespoons herbs de Provence (see chef's note)  
1/2 teaspoon salt  
1/2 teaspoon black pepper  
4 tablespoon canola oil  
6-8 whole red potato's cut into 1/2 inch pieces  
2 tablespoons fresh garlic  
2 tablespoons paprika powder  
1/2 cup fresh goat cheese  
3 large zucchini sliced into 1/4 inch slices

### Method of preparation:

1. Remove and discard giblets and neck from the chicken.
2. Rinse chicken under cold water; pat dry. Trim excess fat.
3. Lift wings up and over back; tuck under chicken.
4. Combine 2 tablespoons of the Herbs de Provence, 1/4 teaspoon each of salt and pepper, and 2 tablespoons oil for each chicken. Starting at neck cavity, loosen skin from breast and thighs by inserting fingers and gently pushing between skin and meat. Rub 1 1/2 teaspoons herb mixture in body cavity. Rub half of remaining herb mixture under skin. Rub remaining herb mixture evenly over skin. Tie ends of legs together with twine. Place chickens, breast side up, on a rack coated with cooking spray in a shallow roasting pan.
5. Bake at 450 degrees for 15 minutes.
6. Meanwhile, combine the cut potatoes with the fresh garlic and paprika powder. Add the remaining oil; toss gently to coat. Place potatoes into a shallow baking dish and reduce the oven temperature to 375 degrees. Bake the potatoes and chicken for 40 minutes or until a thermometer inserted into chicken thigh registers 165 degrees.
7. Once you remove the chicken from the oven, place the sliced zucchini in the dish containing the potatoes, stir around and continue to bake for 10-15 minutes while you are allowing the chicken rest.
8. Serve chicken with vegetables and potatoes.

*Chef's Note: Herb de Provence is a blend that is available in grocery stores. To make the your own Herb de Provence mixture, combine the following ingredients and reserve the rest in an airtight container. Makes about 9 teaspoons.*

*1 teaspoon marjoram, dry  
2 teaspoons basil, dry  
2 teaspoons thyme, dry  
1 teaspoon summer savory  
1/2 teaspoon lavender, dry  
1/2 teaspoon rosemary, dry  
1/2 teaspoon fennel seeds  
1 teaspoon oregano, dry*

### Nutritional Analysis:

Calories: 674  
Cholesterol: 22g  
Sodium: 375  
Protein: 45g  
Fat: 20g  
Fiber: 3g