

Roasted Chicken with a Charred Brussel Sprouts Salad

Recipe by: Chef Jonathan Poyourow, RD, LD

Yield: 4 servings

Ingredients:

For the chicken:

- 1 whole chicken (approximately 4 pounds)
- 1 teaspoon oil
- ½ teaspoon salt
- 1 teaspoon pepper
- 1 teaspoon garlic powder

For the Brussels sprouts:

- 1 pound fresh Brussels sprouts, rinsed and trimmed
- 3 ounces coarsely chopped pecans
- 3 tablespoons olive oil
- 1 teaspoon kosher salt
- 2 teaspoon freshly ground pepper
- 1 teaspoon garlic powder
- 4 ounces coarsely chopped dried cranberries

Method of Preparation:

1. Pre-heat the oven to 375 degrees.
2. Once the oven has reached the desired temperature, place your whole chicken on an elevated grate in a roasting pan and rub down with the oil, salt, pepper and garlic powder.
3. Place the coated chicken into the oven and roast until the chicken reaches an internal temperature of 160 degrees. At that point, remove it from the oven and let it rest for 5 to 10 minutes before slicing.
4. Slice the Brussels sprouts using the thinnest slicing disk of a food processor. If you do not have a food processor, you may slice thinly with a knife or a mandolin.
5. Set a 10-inch straight-sided sauté pan over medium-high heat and add the pecans. Cook, stirring continually, until the pecans darken in color and begin to emit a toasted aroma – do not let burn, for approximately 2 minutes.
6. Add the remaining oil to the pan and stir to combine. Once the oil has heated up, add the Brussels sprouts, salt, pepper and cook, stirring continually, until the color brightens and the sprouts are just tender, for approximately 6 minutes.
7. Remove the pan from the heat; add the cranberries, toss and plate the sprouts, placing a serving of chicken on the side.



Nutritional Analysis:

Calories: 614
Carbohydrates: 24g
Sodium: 572mg
Protein: 68g
Fat: 26g
Fiber: 5g