

Pan-Roasted Chicken & Vegetables

Our Large Bar Pan has ample space for roasting chicken breasts, potatoes and veggies, all at the same time. It's a complete meal in one.

- 2 large unpeeled baking potatoes, cut into ¼-in. (6-mm) slices
- 1 each medium zucchini, yellow summer squash and red bell pepper, cut into 1-in. (2.5-cm) pieces
- 1 medium red onion, cut into wedges
- 4 tbsp (60 mL) olive oil, divided
- 2 garlic cloves, pressed
- 1 tsp (5 mL) crushed dried rosemary, divided
- ½ tsp (2 mL) plus 1/8 tsp (0.5 mL) salt, divided
- ⅛ tsp (0.5 mL) ground black pepper
- 1 egg
- ½ cup (125 mL) seasoned dry bread crumbs
- 4 boneless, skinless chicken breast halves (about 1½ lbs/540 g)



1. Preheat oven to 425°F (220°C). Cut potato slices crosswise in half. Place vegetables into large bowl; toss with 2 tbsp (30 mL) of the oil, garlic, ½ tsp (2 mL) of the rosemary, ½ tsp (2 mL) of the salt and black pepper; mix well. Arrange vegetables around sides of **Large Bar Pan**, leaving center open.
2. Lightly beat egg in one **Coating Tray**. Combine bread crumbs, remaining rosemary and salt in another Coating Tray. Add remaining oil to crumb mixture; mix well. Dip chicken into egg and then into crumb mixture, coating completely. Place chicken in center of bar pan. Bake 22-25 minutes or until chicken is no longer pink in center.

Serves 4

U.S. Nutrients per serving: Calories 500, Total Fat 18 g, Saturated Fat 3 g, Cholesterol 135 mg, Sodium 850 mg, Carbohydrate 46 g, Fiber 6 g, Protein 40 g

