

# One-Pot Chicken Dinner



## Ingredients

See Chart

1 whole chicken (3 1/2-4 lb/1.6-1.8 kg)

Canola oil for spritzing

3 tbsp (45 mL) Bell Pepper & Herb Rub (or any Rub or Seasoning Mix of your choice)

Herbed Rice Variation	Garlic Mashed Potato Variation
<ul style="list-style-type: none"> <li>• 2 large carrots, peeled and coarsely chopped with Food Chopper</li> <li>• 1 medium onion, coarsely chopped with Food Chopper</li> <li>• 1 cup (250 mL) uncooked converted white rice</li> <li>• 2 cups (500 mL) chicken stock or broth</li> <li>• 2 garlic cloves, pressed with Garlic Press</li> <li>• 1 tbsp (15 mL) Bell Pepper Herb Rub (or any Rub or Seasoning mix of your choice)</li> </ul>	<ul style="list-style-type: none"> <li>• 2 lbs (1 kg) “B” size unpeeled Yukon gold potatoes</li> <li>• 6 garlic cloves, peeled</li> <li>• ½ tsp (2 mL) salt</li> <li>• ¼ tsp (1 mL) pepper</li> </ul>

## Directions

1. Remove and discard giblets and neck from chicken cavity. Trim excess fat from chicken with Professional Shears, if necessary.

2. Place chicken onto Flexible Cutting Mat; lightly spray with oil using Kitchen Spritzer. Completely coat outside of chicken with 3 tbsp (45 mL) rub.

3. Prepare Herbed Rice or Garlic Mashed Potatoes.

For Herbed Rice, place carrots, onion, rice, stock, garlic and 1 tbsp (15 mL) rub in Rockcrok® (4-qt./3.8-L) Dutch Oven; mix well. Place chicken, breast-side up, into Dutch Oven.

For Garlic Mashed Potatoes, Place chicken, breast side up, into Rockcrok® (4-qt./3.8-L) Dutch Oven. Arrange potatoes and garlic around chicken (see Cook’s Tips).

4. Microwave, covered, on HIGH 25-30 minutes or until internal temperature reaches 165°F (74°C) in thickest part of breast and juices run clear.
5. Remove Dutch Oven from microwave. Let stand 10 minutes (temperature will rise to 170°F/77°C). Remove chicken to Large Grooved Cutting Board; carve.
6. For Herbed Rice, stir before serving with chicken. For Garlic Mashed Potatoes, add salt and pepper; mash with Mix 'N Masher. Serve with chicken.

**Yield: 1. 4-6 servings**

**Nutrients per serving:**

**U.S. Nutrients per serving (One-Pot Chicken with Herbed Rice):** Calories 500, Total Fat 22 g, Saturated Fat 6 g, Cholesterol 125 mg, Sodium 680 mg, Carbohydrate 30 g, Fiber 1 g, Protein 44 g

**U.S. Nutrients per serving (One-Pot Chicken with Garlic Mashed Potatoes):** Calories 490, Total Fat 22 g, Saturated Fat 6 g, Cholesterol 125 mg, Sodium 760 mg, Carbohydrate 28 g, Fiber 2 g, Protein 41 g

**Cook's Tips:**

**Garlic Mashed Potatoes Variation:** The potatoes fit closely around the chicken. No need to add extra liquid; the drippings are enough to cook the potatoes! (See Step 3)

A whole chicken works best in this recipe (rather than chicken pieces) because it will be more tender and juicy. And, the drippings from the whole chicken are used to season the rice or potatoes!

