

Roast Chicken with Rutabaga and Grapes

Preparation time	15 minutes
Cooking time	60 minutes
Servings	5
Cost per serving	\$2.08
Storage	3 days in the fridge. Can be frozen.
Kitchen tools	Cutting board, sharp knife, measuring cups and spoons, baking sheet, parchment paper, large bowl, small sharp knife, tongs, spoon



Ingredients

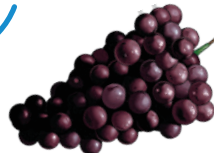


2 large or 4 small **yellow onions**, quartered (about 500 ml / 2 cups)



1 **rutabaga**, peeled and diced into large chunks (about 1 to 1.25L / 4 to 5 cups)

OR POTATOES, SWEET POTATOES OR PARSNIP



500 ml (2 cups) **fresh red grapes**

OR GREEN GRAPES OR FRESH OR FROZEN CRANBERRIES



30 ml (2 tbsp) **canola oil**



Salt and pepper to taste



45 ml (3 tbsp) **honey**



5 ml (1 tsp) **soy sauce**



1 **garlic clove**, finely chopped



5 ml (1 tsp) **mustard powder**

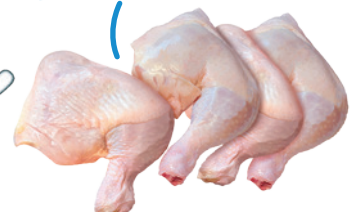


5 ml (1 tsp) **paprika**



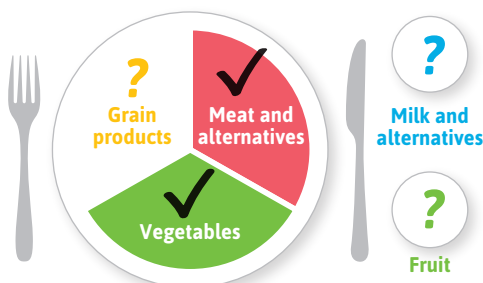
2.5 ml (½ tsp) **ground cinnamon**

OR USE ANY CUT OF CHICKEN ON SALE AND SIMPLY ADJUST COOKING TIME.



4 whole **chicken legs**, with skin (about 1 kg / 2 lb)

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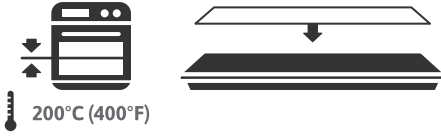






Balanced plate

Serve with:

- ? A grain product (couscous, for example)
- ? A fruit
- ? A glass of milk or fortified soy beverage

Directions

1	Place oven rack in the middle position, preheat the oven to 200°C (400°F) and cover a baking sheet with parchment paper.	
2	Place the onion quarters , the diced rutabaga and the grapes on the baking sheet. Add the oil , salt and pepper . Combine, then spread the vegetables evenly on the baking sheet.	
3	In a large bowl, combine the honey , soy sauce , garlic , mustard powder , paprika , cinnamon , salt and pepper to make a marinade.	
4	Add the chicken legs and thoroughly coat with the marinade. Place the chicken legs on top of the vegetables and pour the rest of the marinade over the entire sheet.	
5	Bake for about 1 hour, or until chicken is cooked through and the meat separates easily from the bone. Turn the chicken 2 to 3 times while it bakes. Tip: Use the cooking time to prepare your side dishes.	

My rating: ★ ★ ★

This original recipe was developed by Extenso - The Université de Montréal reference centre on human nutrition

