

## 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

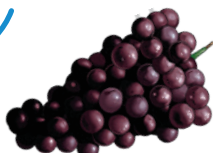


2 large or 4 small **yellow onions**, quartered (about 500 ml / 2 cups)



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**

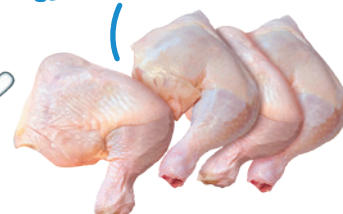


5 ml (1 tsp) **paprika**



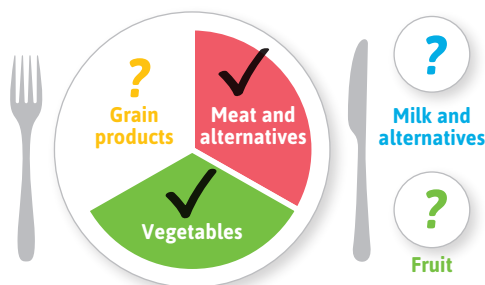
2.5 ml (½ tsp) **ground cinnamon**

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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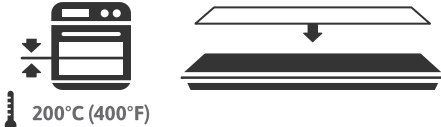






## Balanced plate

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.	 200°C (400°F)
2	Place the <b>onion quarters</b> , the <b>diced rutabaga</b> and the <b>grapes</b> on the baking sheet. Add the <b>oil</b> , <b>salt</b> and <b>pepper</b> . Combine, then spread the vegetables evenly on the baking sheet.	
3	In a large bowl, combine the <b>honey</b> , <b>soy sauce</b> , <b>garlic</b> , <b>mustard powder</b> , <b>paprika</b> , <b>cinnamon</b> , <b>salt</b> and <b>pepper</b> to make a marinade.	
4	Add the <b>chicken legs</b> and thoroughly coat with the marinade. Place the <b>chicken legs</b> 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. <b>Tip:</b> Use the cooking time to prepare your side dishes.	

My rating: ★ ★ ★

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