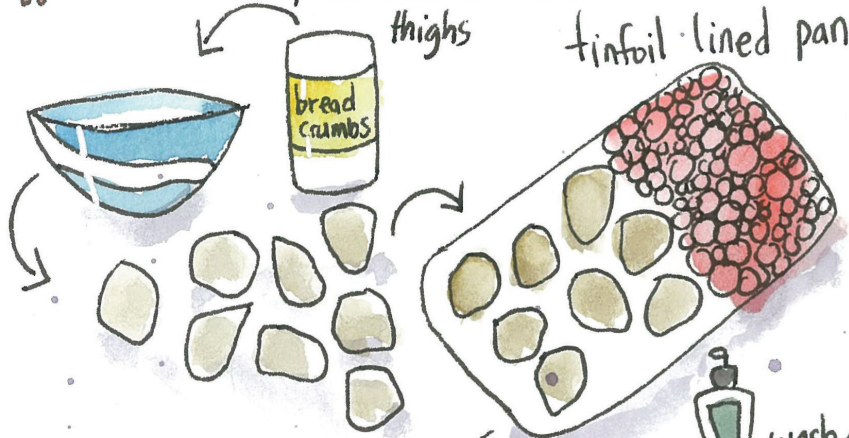


# ROASTED CARROTS WITH BOILED POTATOES

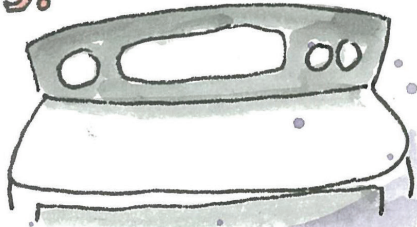
1. wash and dry hands, put breadcrumbs in a bowl, press into 8 chicken thighs



2. wash and peel, then cut up six carrots, toss in oil



3. Preheat oven. Bake 400 30-35 mins

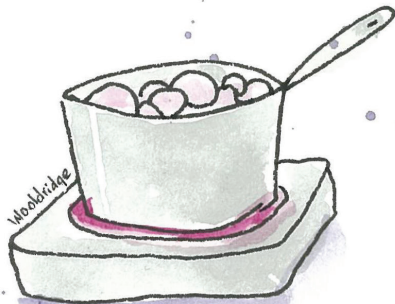


COOK until 180°F, and until there is no pink and juices are clear

4.

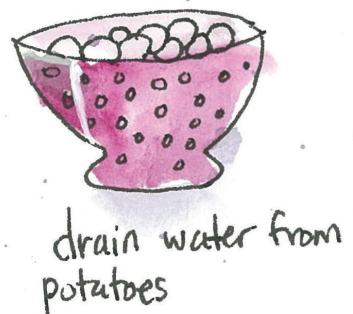


5.



place in a medium pot, cover with water, (after chicken has been cooking for 20 minutes) boil using medium heat.

6.



## Roasted Chicken Thighs & Carrots with Boiled Potatoes

Serves 4 people

QUANTITY	INGREDIENT	RECIPE COST (estimated)
1 package (8 pieces)	Chicken Thighs with bone-in	\$8.00
1 container (275g)	Seasoned bread crumbs	\$2.09
1 bag (1.5-pounds)	Baby red or yellow potatoes	\$3.99
6	Carrots	\$0.85
1 tablespoon (15ml)	Vegetable or canola oil	\$0.07
¼ teaspoon each	Salt & Pepper	\$0.04
<b>TOTAL: \$15.04/recipe = \$3.76/person</b>		

### Food Preparation Instructions:

1. Preheat the oven to 400°F.
2. Line a baking sheet with aluminum foil. This pan will be used to cook your chicken thighs and carrots.
3. Pour the seasoned bread crumbs into a large bowl.
4. Wash your baby potatoes in cool water to remove any dirt. Place the cleaned potatoes in a medium-size pot. Pour cool water into the pot until the potatoes are covered with water. Set aside.
5. Wash 6 carrots in cool water. Using a peeler or paring knife, peel the carrots. Discard the peelings.
6. Cut the carrots into 2-inch pieces along the length of the carrot. Place these pieces in a medium-sized bowl.
7. Now follow the cooking directions on the next page.

## **Roasted Chicken Thighs & Carrots with Boiled Potatoes**

Serves 4 people

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### **Cooking Instructions:**

1. Open the package of chicken thighs and place the chicken into the bowl of bread crumbs. Throw the package into the garbage.
2. Wash and dry your hands.
3. Using your hands mix the chicken thighs into the bread crumbs coating the chicken with the crumbs. Press the crumbs into the chicken. Place the chicken thighs with the skin side up on the foil-line baking sheet. Discard the extra bread crumbs.
4. Wash and dry your hands.
5. Measure 1 tablespoon of oil and pour it into the bowl of cut up carrots. Measure a ¼ teaspoon of salt and a ¼ teaspoon of black pepper into the bowl. Stir the carrots until they are coated with the oil.
6. Place the pieces of carrots onto the baking sheet with the chicken.
7. Place the baking sheet into the oven and bake for 30-35 minutes, until the chicken meat has an internal temperature of 180°F. The chicken should no longer be pink and any juices that come out should be clear in colour.

### **Prepare the potatoes:**

1. After the chicken has been cooking for 20 minutes, place the pot of potatoes and water on the stove burner.
2. Turn the burner on medium-high heat (6-7 on the dial) and boil the potatoes. Potatoes should take about 15 minutes to cook.
3. To check if the potatoes are done cooking, stick a fork into 2 or 3 of the potatoes. If the fork goes into the potato very easily, it is done. If you must press hard to get the fork into the potato, let them cook for another 5 minutes and then check it again with a fork.
4. When the potatoes are done cooking, turn the heat off on the stove. Drain the water from the potatoes.

**Serve 2 chicken thighs along with a scoop of the roasted carrots and 4-5 baby potatoes per person.**