

Roasted Rosemary Chicken And Vegetables

Oscar · 28/09/2024



Prep Time

N/A

Difficult

Medium

Servings

N/A

Description

Chicken and vegetables roasted with a rosemary balsamic vinegar marinade

Ingredients

- - ½ cup olive oil - ½ cup balsamic vinegar - 1 tablespoon dried rosemary - ½ teaspoon crushed red pepper flakes - 1 clove garlic
- minced - 4 skinless
- boneless chicken breasts - 1 green bell pepper
- sliced - 1 red bell pepper
- sliced - 1 small red onion
- quartered - 3 carrots
- cut into 1 inch pieces - 1 eggplant
- cut into 1/2 inch cubes

Instructions

1. Preheat oven to 400 degrees F (200 degrees C). Line a cookie sheet with aluminum foil
2. and coat with cooking spray. In a large bowl
3. combine olive oil
4. balsamic vinegar
5. rosemary
6. red pepper flakes
7. and garlic. Place chicken in the bowl
8. and marinate 5 minutes. Transfer to a baking dish
9. reserving marinade in the bowl. Place green bell pepper
10. red bell pepper
11. red onion
12. carrots
13. and eggplant in the marinade
14. and toss to coat. Arrange in a single layer on the prepared cookie sheet. Place the chicken and vegetables in the preheated oven. Bake chicken for 20 minutes
15. or until juices run clear. Bake the vegetables for 35 minutes
16. or until the edges of the vegetables brown. Note The nutrition data for this recipe includes information for the full amount of the marinade ingredients. Depending on marinating time
17. ingredients
18. cooking method
19. etc.
20. the actual amount of the marinade consumed will vary.