

## SHEET PAN CHICKEN DINNER

4-6 servings

### DIRECTIONS

1. Heat an oven to 425 degrees.
2. Place a large baking sheet into oven for about 10 minutes.
3. Season chicken with salt and pepper, and drizzle with 1 tablespoon extra virgin olive oil.
4. Remove the hot baking sheet from the oven. Place chicken on baking sheet, skin side down.
5. Roast chicken in oven for about 10 minutes.
6. While chicken is roasting, wash, peel, and cut the sweet potatoes, cauliflower, and green onions into bite-sized chunks.
7. Place the vegetables in a mixing bowl. Drizzle them with remaining olive oil and season with salt and pepper.
8. Remove baking sheet from oven. Turn chicken over and arrange the vegetables around the chicken.
9. Sprinkle curry over the chicken and vegetables.
10. Roast for an additional 20 minutes.

### SUPPLIES AND EQUIPMENT

- A large baking sheet to roast the chicken and vegetables
- Measuring spoons
- Tongs or fork
- Vegetable peeler
- Knife
- Cutting board

### INGREDIENTS

- 1 whole chicken, cut into 8 pieces
- 2 Tablespoons extra virgin olive oil, divided
- 2 sweet potatoes, peeled and cut into 1" chunks
- ½ head cauliflower, cut into large florets
- 1 bunch green onions
- 1 Tablespoon curry
- Salt and Pepper to taste



## ROASTED CARROTS WITH CINNAMON AND ORANGE

4-6 servings

### DIRECTIONS

1. Wash and peel the carrots. Cut into 1-inch coins
2. Place carrot coins in a large mixing bowl. Melt butter and drizzle on carrots.
3. Sprinkle salt, pepper and cinnamon onto carrots.
4. Line a baking sheet with aluminum foil. Pour carrots onto pan and spread out evenly.
5. Place in a 350 degree oven for 15 minutes.
6. Mix cornstarch into the orange juice in a small mixing bowl.
7. Remove from oven and place carrots back into the mixing bowl. Drizzle honey, orange zest and juice over the carrots and mix well.
8. Place carrots back onto foil-lined baking sheet and cook for 10-15 minutes longer, until tender.

### SUPPLIES AND EQUIPMENT

- A baking sheet to roast the vegetables
- A large mixing bowl
- A small mixing bowl
- A large spoon to mix the ingredients
- Foil to line the pan
- Knife
- Cutting board

### INGREDIENTS

- 1 pound carrots, peeled and cut into coins
- 1 Tablespoon butter
- 2 teaspoons ground cinnamon
- 2 Tablespoons honey
- Zest and juice of 1 orange
- 1 teaspoon cornstarch
- Salt and Pepper to taste



# WHITE BEAN HUMMUS WITH SUMMER GARDEN VEGETABLES

4-6 servings

## DIRECTIONS

1. Pour drained beans into a large bowl.
2. Juice the lemon using a citrus juicer or by hand.
3. Mince the garlic clove.
4. Add tahini, lemon juice, and garlic to beans.
5. Using the potato masher or food processor, mix the ingredients together until softened.
6. Incorporate olive oil slowly, using a whisk or spatula if necessary.
7. Season with salt to taste.
8. Cut seasonal vegetables such as carrots, celery, zucchini, broccoli or other available vegetables into strips, florets, or individual "pieces" for dipping into the hummus.
9. Serve hummus with cut vegetables.

## SUPPLIES AND EQUIPMENT

- Potato masher or food processor
- Measuring spoons
- Mixing bowl
- Whisk or spatula
- Knife
- Cutting board

## INGREDIENTS

- 1 can of White Northern Beans (15 ounce can)
- 2 Tablespoons Tahini
- Juice of 1 Lemon
- 1 clove garlic, minced
- 3 to 4 Tablespoons extra virgin olive oil
- Kosher salt, to taste
- 4 to 6 cups of cut vegetables (carrots, celery, zucchini, broccoli, or other vegetables in season)

