

Roasted Brussels Sprouts, Potatoes, and Chicken

Prep time: 1 hour, 0 minutes

Makes: 4 Servings

A versatile fall baked dish, our tasty version features potatoes and Brussels sprouts, but other fall vegetables, such as parsnips, carrots, and cabbage could be substituted.

Ingredients

- 3 cups** brussels sprouts (fresh or frozen halved vertically, about 3/4 pound)
- 4** small red potatoes (cut into chunks)
- 1/2 cup** chopped onion
- 2 cloves** garlic (minced)
- 2 tablespoons** olive oil
- 1/4 teaspoon** salt
- 1/8 teaspoon** pepper
- 1/2 cup** non-fat ricotta cheese (or cottage cheese)
- 1/4 cup** Part-skim mozzarella cheese (shredded)
- 2 tablespoons** non-fat milk
- 1 pound** boneless chicken breast (4 portions)

Directions

1. Preheat oven to 325 degrees Fahrenheit.
2. In a 2 quart baking dish coated with cooking spray, toss Brussels sprouts, potatoes, onion, and garlic with 1 T olive oil, salt, and pepper.
3. In a small bowl, mix cheese with milk.
4. Coat chicken breasts with remaining olive oil.
5. Nest among vegetables in baking dish.
6. Top with cheese mix.



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	400	
Total Fat	12 g	18%
Protein	35 g	
Carbohydrates	40 g	13%
Dietary Fiber	6 g	25%
Saturated Fat	3 g	15%
Sodium	370 mg	15%

MyPlate Food Groups

Vegetables	2 1/4 cups
Protein Foods	2 1/2 ounces
Dairy	1/2 cup

7. Cover with foil and bake for 40-45 minutes or until chicken is done.

Notes

Serve with 8oz non-fat milk and orange slices.

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