

Roasted Chicken and Fresh Veggies

- 2 chicken breasts
- 1 cup Italian dressing
- ½ lb fresh string beans
- 1 head broccoli
- 1 pt grape tomatoes
- 2 clove garlic minced
or 2 Tbsp garlic spread
- 1 Tbsp olive oil
- 2 Tbsp balsamic vinegar
- ¼ tsp oregano
- ¼ tsp basil
- ¼ tsp black pepper
- 1/8 tsp salt
- 1 re-sealable plastic bag



Preparing the veggies:

Wash vegetables thoroughly, snip beans, but up the broccoli in bite sized pieces and cut the tomatoes in half. Drop the beans in boiling water – I usually cook them for about 7 minutes – the pull them out and put them in an ice bath* to cool. Next cook the broccoli – only take 4 minutes and place in an ice bath also. Drain the vegetables and set aside.

In a plastic bag add olive oil, balsamic vinegar, oregano, basil, black pepper, and the vegetables. Close the bag and toss the vegetables until they are evenly coated – put in the refrigerator for at least 1 hour before serving.



Preparing the chicken:

Rinse the chicken breasts and pat dry. Gently lift the skin on the chicken and rub the garlic on the flesh of the chicken. Place in a casserole and pour the Italian Dressing over the top. Cover and place in the refrigerator for at least 1 hour – the longer you let it marinate the better it takes.

Place covered chicken in a 375 degree oven for 45 minutes then remove the chicken and drain off the fat and let cook for another 15 minutes.

Serves 2

*Ice bath – take a 9 x 13 casserole and fill it with water and ice. As soon as your beans/broccoli are cooked remove them from the boiling water and immediately drop them in the ice bath. This stops the cooking action and keeps the vegetables green. After several minutes you can drain the vegetables. This is a trick the chef's use - that's why the beans have such an intense green color when you order them in a restaurant.