

## **One-Pan CHICKEN AND VEGETABLES**

Serves 4-5. Doubles easily. "Elevator" Directions down below recipe.

This chicken is totally forgiving. If I have no fresh thyme, a little dry will work -- or none at all. A quartered small onion might be as tasty as the lemon tucked into the cavity. Have a jar of purchased pesto? It could serve in place of the homemade sauce. You can use other vegetables, such as just carrots and onions, or all Brussels Sprouts or only potatoes, if those are what you have.

### **Chicken:**

- 1 small, young chicken (3 pounds or so)
- 1 lemon, cut into quarters (grate its rind first for the vegetables--see below: **Vegetables**)
- Kosher salt, fresh ground pepper
- Sprig fresh thyme

### **Vegetables:**

- 1 pound **each** small potatoes (1-2 inches), cut in half if 2 inches and [Brussels sprouts](#) (trimmed, outer leaves removed, cut in half if large)
- 2 large onions, peeled, trimmed, and cut into eighths
- Olive oil
- Kosher salt and fresh ground pepper
- Pinch crushed red pepper
- Grated rind of one lemon

**Sauce: (Can sub a cup of purchased pesto)** You'll use half for roasting the chicken and half at the table with red wine vinegar added.

- 1/2 cup fresh parsley
- 5 large fresh sage leaves
- 2 tablespoons fresh thyme leaves
- 5 cloves garlic
- 1/4 cup olive oil
- 1/2 teaspoon each kosher salt and fresh ground pepper
- Red wine vinegar to taste--added after the sauce is made

## **DIRECTIONS:**

**Preheat oven to 425 degrees F.** Place chicken in a large, heavy, lightly-greased roasting pan. (A rimmed baking sheet will also work.) Sprinkle the inside with a little salt and pepper; stuff with lemon and thyme. Tie legs together with kitchen string; tuck wings under the bird.\* Surround the chicken evenly with the vegetables (potatoes, Brussels Sprouts and onions) and drizzle the vegetables **only** with about 3 tablespoons olive oil; sprinkle them with 1/2 teaspoon salt, 1/4 teaspoon pepper, 1/8 teaspoon red pepper, and lemon rind. Toss well to evenly coat.

**Make sauce** (see below) and slowly pour *half of it* evenly over the chicken. Cover the chicken with greased or sprayed foil. Place pan in preheated oven and roast everything for about an hour. Meanwhile, pour remaining sauce into a small pitcher, add a teaspoon of red wine vinegar, stir and taste. Adjust seasonings, adding more vinegar if you like. Set aside.

**After an hour, remove foil ,and continue cooking** until the chicken is done, an instant-read thermometer registers 170-180 degrees F, and vegetables are very tender and crispy--perhaps another 30 minutes at altitude. (Less at sea level.) Let chicken rest 5 minutes, carve, and serve hot with vegetables. Pass the reserved sauce at the table.

**TO MAKE THE SAUCE:** Place all ingredients except red wine vinegar in food processor and pulse several times until well-blended. No food processor? Chop the herbs as finely as possible, place in a bowl with the salt and pepper and mix well. Whisk in the oil slowly. Taste and adjust seasonings. You'll use half on the chicken while it cooks. The other half, with a little red wine vinegar added to taste, will be served at the table as a sauce for both the chicken and vegetables.

\*If you don't want to do this, as some people don't, skip it. I like how it makes the chicken look.

**Elevator Directions:** Preheat oven to 425 degrees F. Place the chicken in a roaster and stuff with lemon and thyme; tie legs and tuck under wings. Surround the chicken with a pound each of small potatoes and trimmed Brussels sprouts, along with 2 large onions cut into eighths. Drizzle vegetables with olive oil, and season with salt, pepper, fresh red pepper, and lemon rind. Pour half of herb sauce or jarred pesto over chicken. Cover with greased foil and roast for an hour. Remove foil and roast until instant read thermometer reads 165 degrees F and vegetables are tender and crispy. Serve hot with remaining sauce (add a little red wine vinegar to it) at table.

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