



Chicken & Sweet Potato Roast

- 1½-2 pounds bone-in chicken thighs, skin removed
- 3 medium sweet potatoes, peeled and cut into 1-in pieces
- 3 small red onions, cut into 1-inch wedges
- 1 Tbsp whole-grain or Dijon mustard
- 2 Tbsp chopped fresh thyme or 2 tsp dried
- 1½ Tbsp olive or vegetable oil
- ½ tsp salt
- ½ tsp pepper

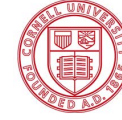


1. Position rack in lower third of oven. Preheat oven to 450°F. Place a large rimmed baking sheet in the oven to preheat.
2. Combine mustard, thyme, 1 Tbsp of oil, ¼ tsp salt, and ¼ tsp pepper in a small bowl. Spread the mixture evenly on chicken.
3. Toss sweet potatoes and onion in a bowl with the remaining ½ Tbsp oil and ¼ each salt and pepper. Carefully remove the baking sheet from the oven and spread vegetables on it. Place chicken on top of vegetables.
4. Return pan to the oven and roast, stirring the vegetables half way through, until the vegetables are tender and beginning to brown, and a meat thermometer inserted into the chicken reads 165°F, about 30-35 minutes.

Makes: 5 servings

Nutrition Information:

CALORIES 260 (35% from fat); FAT 11g (sat 2.5g); CHOLESTEROL 105mg; SODIUM 370mg; CARBOHYDRATE 19g; FIBER 3g; PROTEIN 20g; CALCIUM 4%; IRON 8%



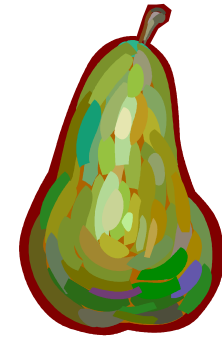
Roasted Pear & Fennel Salad

For the Salad:

- 2 Bosc pears
- 2 medium fennel bulbs (about 1 lb.)
- 1 Tbsp olive oil
- ½ tsp salt

For the Dressing:

- 4 Tbsp olive oil
- 1½ Tbsp balsamic vinegar
- 1 Tbsp maple syrup or honey
- ½ tsp salt
- Pepper to taste



1. Preheat oven to 425°F. Arrange 2 oven racks to the middle and lower third positions. Line 2 baking sheets with foil.
2. Peel, quarter, and core pears. Cut each quarter into slices about ¼ inch thick.
3. Trim fennel stems, core, and remove outer layers. Slice fennel lengthwise into slices ¼ inch thick.
4. Place pear slices on one sheet, drizzle with about ½ Tbsp oil, season with ¼ tsp salt. Toss to coat. Repeat with fennel slices on other baking sheet.
5. Roast pear and fennel, turning slices once, until golden brown on edges, about 15-25 min. The fennel will probably be done before the pear. Set aside to cool.
6. Combine dressing ingredients in a small bowl, drizzle over pear and fennel once cooled.

Makes: 6 servings

Nutrition Information:

CALORIES 180 (56% from fat); FAT 12g (sat 1.5g); CHOLESTEROL 0mg; SODIUM 430mg; CARBOHYDRATE 19g; FIBER 6g; PROTEIN 1g; CALCIUM 4%; IRON 4%