

## *Alison's Easy Roast Chicken and Veggie Dinner*

### **Ingredients:**

1 whole chicken

1 head of garlic

Olive oil

1/4 cup water

Salt and pepper to taste

Seasonal veggie options include: potatoes, sweet potatoes, carrots, turnip, onion, zucchini, celery root, mushrooms or whatever you have on hand.

### **Directions:**

1. Pre-heat oven to 425F.
2. Break up garlic and place unpeeled in the bottom of a small roasting pan. Place whole chicken on top of garlic. Drizzle one (1) tablespoon olive oil and water over chicken. Sprinkle with salt and pepper (I prefer using coarse sea salt) or another seasoning of your choice.
3. Cook chicken for 1/2 hour at 400F.
4. While chicken is cooking, wash and scrub all veggies, but do not peel. (If using carrots, you can leave them unpeeled, but chop off the ends.) Cut all veggies into large, loonie-size chunks.
5. Toss with two (2) tablespoons olive oil and salt and pepper (or another seasoning of choice.) Place on a cookie sheet.
6. After chicken has cooked for 1/2 hour, lower the temperature to 325F and continue roasting. Put the veggies in with the chicken.
7. Cook chicken and veggies for another 1-1/2 hours.
8. Serve chicken with veggies on the side. The roasting pan will have an "au jus" kind of sauce, with chunks of roasted garlic. You can drizzle the "jus" and garlic over the chicken and veggies, if desired.