



# Curried Roasted Chicken and Vegetables

8 Servings • 1 Serving = 4 Ounces Chicken and 1 Cup Vegetables

## INGREDIENTS

- 1 small head cauliflower, cut into florets
- 1 small head broccoli, cut into florets
- ½ cabbage, sliced into thick slices
- 5 cloves garlic, peeled and smashed
- Salt and pepper, to taste
- 2 Tablespoons curry powder, divided
- 2 Tablespoons extra virgin olive oil
- 6 boneless, skinless chicken thighs

## DIRECTIONS

1. Preheat oven to 400°F.
2. In a large bowl, toss vegetables and garlic with salt, pepper, 1 Tablespoon curry powder, and olive oil. Lay in an even layer on a baking sheet.
3. In the same bowl, add the chicken thighs and season with the remaining curry powder, salt, and pepper. Place chicken on top of the vegetables.
4. Roast chicken and vegetables for 20 minutes. After 20 minutes, toss gently, then roast for an additional 20 minutes or until thighs are fully cooked.
5. Remove from oven and let cool for 10 minutes. Remove the thighs from the sheet and cut each into 4 even-sized pieces.

## Nutrition Facts

8 servings per container  
Serving size 4 ounces chicken and 1 cup vegetables

Amount per serving  
**Calories 170**

	% Daily Value*
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol</b> 85mg	<b>28%</b>
<b>Sodium</b> 360mg	<b>16%</b>
<b>Total Carbohydrate</b> 9g	<b>3%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 3g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 23g	
Vitamin D 0mcg	0%
Calcium 122mg	10%
Iron 3mg	15%
Potassium 411mg	8%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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