

Greek-Style Roasted Lemon Chicken and Potatoes

A meal-time dish that's two delicious recipes in one: moist, flavourful red or white locally-grown potatoes under crispy-crust juicy chicken. Adult peels and chops potatoes. Kids layer ingredients in baking dish.

1-1/2 lb. (750 g) Ontario red or white potatoes, peeled, cut into 2-inch chunks
1 2/3 cups (400 mL) chicken stock
1 tbsp (15 mL) olive oil
2 tsp (10 mL) finely chopped garlic (pre-chopped from jar or chopped by adult)
1-1/2 tsp (8 mL) dried oregano
1 tsp (5 mL) dried parsley or 2 tsp (10 mL) fresh chopped parsley
1/4 tsp (1 mL) salt
1/8 tsp (0.5 mL) pepper
1-1/2lb. to 2 lb. (750 g to 1 kg) skinless, boneless chicken thighs or drumsticks*
1/4 cup (50 mL) lemon juice
1/2 cup (125 mL) bread crumbs (regular or Italian-style)
1 tbsp (15 mL) olive oil
Finely chopped fresh parsley to garnish (optional)
* Vary chicken quantity depending on appetites.
Preheat oven to 400 F (200 C).



Place potato chunks in bottom of 9 x 13-inch (22 X 32-cm) glass or ceramic casserole dish. In a bowl, mix chicken stock, olive oil, garlic, oregano, parsley, salt and pepper. Pour over potatoes.

Open flat chicken pieces and lay on top of potatoes. Sprinkle lemon juice over chicken. Mix bread crumbs and olive oil. Sprinkle over chicken pieces. For best results, bread crumbs should be above the level of the chicken stock to stay crispy.

Cover dish with foil. Bake in bottom third of oven 40 minutes. Uncover and bake another 15 to 20 minutes, until chicken is cooked through, potatoes are tender when pierced with a fork and bread crumb layer is golden. Sprinkle chopped parsley over chicken.

Makes 4 to 6 servings.

Per serving: 308 calories, 25 g protein, 11 g fat, 26 g carbohydrates, 2 g fibre, 522 mg sodium