



VIBRANT HEALTH INTEGRATIVE NUTRITION

Oven-Roasted Chicken with Shallots



DON'T HAVE SHALLOTS?

With this recipe you can easily substitute onions, of any type, in place of shallots. Or omit the vegetables entirely, and simply roast the chicken alone.

Another adaptation: substitute *your* favorite choice of chicken pieces, as well as "bone-in or out" and "skin on or off." Simply adjust roasting time accordingly.

YOU WILL NEED

Serves 4-6

- * 14-16 shallots, cut in half lengthwise; or 2-3 red or yellow onions
- * 1 1/2 - 2 pounds chicken breasts
- * 1/2 tsp paprika
- * 1/2 tsp thyme
- * 1/2 tsp oregano
- * 1/2 tsp salt; a pinch of pepper
- * 2 tbsp avocado or olive oil

INSTRUCTIONS

- * Preheat oven to 400 F
- * Spread shallots or onions into a 9 by 11 pyrex or ceramic baker, or a baking sheet.
- * Pat chicken dry, and nestle among shallots or onions.
- * Sprinkle paprika, thyme, oregano, salt and pepper over chicken and drizzle with oil.
- * Massage oil and spices over the chicken and shallots, making sure to coat both sides of chicken.

- * Nestle chicken, skin side up, into the pan among the shallots or onions.
- * Roast for 25 to 45 minutes (depending on type of chicken pieces), or until the internal temperature of the meat reads 165 F.
- * Baste the chicken with its juices a few times during the roasting process.
- * Once fully cooked, cover, and rest for 10 to 15 minutes.

ENJOY!



Mix it up. This basic recipe can easily be adapted with flavors that appeal to your palate. Create a Mexican version by substituting the herbs with cumin, coriander, chili powder, garlic powder, or an adobo mix. An Indian flavor profile can be concocted with tumeric, curry, clove, nutmeg, or garam masala.

Keep in mind that your spice cabinet is truly the medicine cabinet of the kitchen. *Smell the spices.* What do you gravitate towards? This is your body guiding your cooking!