

# SHEET PAN ROAST CHICKEN WITH SUMMER VEGGIES

When you have chicken as delicious and local as Wild Acres fresh birds, the best thing to do is keep it simple and let the meat shine! Here we make use of Local Crate's simple Roasting Spices to provide some depth and seasonal produce from local farmers to create a meal that's as fresh as can be, as simple as turning your oven on, and as flavorful as our MN summers. :) Check out the back for more info on partner producer Wild Acres.



## Ingredients

- One whole chicken in pieces, bone-in and skin-on
- 2 large zucchini
- 3-4 lbs baby potatoes
- 4 garlic cloves or 1 Tablespoon granulated garlic
- 2-3 Tablespoons Roasting Spice Blend (see tip section on back)
- 2 Tablespoons olive oil
- Salt
- Pepper

### Equipment:

- 1 large or two smaller sheet pans

**PREPARATION: 15 MIN**

**COOKING: 35 MIN**

**READY IN: 50 MIN**

**MAKES 6 SERVINGS**

## Directions

1. Read through entire recipe before getting started. Preheat your oven to 400 degrees. Wash and dry all produce. Slice zucchini into 1/2 inch rounds. Half or quarter baby potatoes depending on size (try to aim for all pieces being similar size so they cook evenly). Mince garlic. Remove chicken pieces from packaging and pat dry.
2. Drop your chicken pieces into a large bowl and add 1-2 Tablespoons olive oil, 2-3 Tablespoons of your Roasting Spice blend, and a very good pinch of salt and pepper (about a teaspoon). Massage the oil and seasonings into your chicken pieces and lay out on your sheet pan in a single layer with the skin side up.
3. If you have room on the same sheet pan with your chicken pieces, use that space to roast your veggies (the chicken juices and fat will add additional flavor while they roast!). Otherwise, on a second sheet pan lay out your zucchini slices and baby potatoes. Drizzle with 1 Tablespoon of olive oil, your minced garlic, and a good pinch of salt and pepper. Toss to coat all the veggie pieces.
4. Bake your chicken and vegetables for about 30-35 minutes or until chicken is opaque all the way through and juice are clear (feel free to cut into one of the larger pieces to check for a pink meat or pink juices) or the meat registers 165 degrees in the thickest part.
5. Divide chicken and vegetables between serving plates and drizzle with any chicken drippings/pan juices. Enjoy!

*Optional: Want extra crispy skin?? Turn on your broiler for 2-3 minutes at the end. Keep an eye on your pieces and remove the tray when the skin is as crispy as you like it.*

# Tips, Tricks, and Terms

Like Local Crate's Roasting Spices? Recreate when you run out! We love this blend with roasted meats, roasted vegetables, as a rub for grilling when mixed with a touch of brown sugar, or as a base spice blend for hearty soups and stews. The smoked paprika brings deep but fruity smoked flavor, cinnamon provides a touch of warmth, and the red pepper flakes can be adjusted based on your spice preference!

- 4 teaspoons Smoked Paprika
- 4 teaspoons Ground Cumin
- 1 teaspoon Turmeric
- 2 teaspoons Red Pepper Flakes
- 1 tsp Ground Cinnamon

## Terms/tip

**OPAQUE:** meat (chicken, fish, pork) that is no longer pink in the center / no longer see through

**MINCE:** cut into very small pieces, smallest cut possible but not pureed

**PAN JUICES:** the natural juices released by meat, poultry, etc. while baking or roasting, commonly used in basting (spooning liquid over roasting meat)



**Wild Acres Processing, Inc.** has been specializing in outdoor-raised domestic poultry and wild game birds since 1978, offering superior product to some of the finest restaurants in MN. Wild Acres raise poultry from the egg up at the farm in the north woods of Pequot Lakes. Wild Acres also strives to be “green,” composting on-site, using local food, and reusable containers.

Visit [wildacresprocessing.com](http://wildacresprocessing.com) to learn more.



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