



Ingredients

- ✓ 4 tablespoons EVOO
- ✓ 2 tsp thyme
- ✓ 2 tsp garlic powder
- ✓ 2 tsp rosemary
- ✓ Salt and Pepper to taste
- ✓ 1 cup cauliflower florets
- ✓ 1 cup broccoli florets
- ✓ 3 carrots, rough chopped
- ✓ 1/2 cup slices sweet peppers
- ✓ 1/2 sweet onion, rough chopped
- ✓ 2 boneless, skinless chicken breasts

Lonely Roasted Chicken

Okay, the real title should be lovely roasted chicken, but Mr. E misheard me when I was casting about for what I'd made this month that was new and yummy. "I made that lovely roasted chicken," to which he replied, "Lonely Roasted Chicken?" So lonely it is. Lonely, and quick! This takes 5 minutes to put together and 45 to bake. You can scale it up or down—this is for two.

Directions

1. In a 3 quart dutch oven, pour two tablespoons of EVOO
2. Add veggies, toss with oil until coated (add more if needed)
3. Sprinkle veggies with half the spices
4. Add chicken breasts, nestling on top of veg.
5. Salt and pepper to taste
6. Drizzle with olive oil, then season with remaining spices
7. Put on the lid and bake 45 minutes at 350 degrees

That's it. Dish it out and enjoy!