

Herb-Roasted Chicken with Roasted Vegetables (a crowd pleaser on a budget)

This meal is both cost-effective and delicious. Chicken thighs and drumsticks are often less expensive cuts but are full of flavor. Roasting them with herbs enhances their natural taste. Accompanying roasted vegetables like carrots, zucchini, and sweet potatoes add nutritional value and a variety of textures and flavors, making the meal satisfying and wholesome.

Ingredients:

For the Chicken:

- 12 chicken thighs and drumsticks (mixed)
- 4 tbsp olive oil
- 2 tbsp each of fresh rosemary and thyme, chopped (or dried herbs)
- 4 cloves garlic, minced
- Salt and pepper to taste

For the Vegetables:

- 4 large carrots, sliced
- 4 medium zucchinis, sliced
- 3 large sweet potatoes, cubed
- 3 tbsp olive oil
- Salt and pepper to taste

Instructions:

1. Preheat Oven: Preheat your oven to 400°F (200°C).
2. Prepare the Chicken:
 - Pat the chicken dry and place it in a large bowl.
 - Add olive oil, rosemary, thyme, garlic, salt, and pepper. Toss to coat evenly.
 - Arrange the chicken on a large baking tray.
3. Roast the Chicken:
 - Place the tray in the oven and roast for about 35-40 minutes, or until the chicken is cooked through and the skin is crispy.

4. Prepare the Vegetables:

- Toss the sliced carrots, zucchini, and cubed sweet potatoes with olive oil, salt, and pepper.
- Spread them out on another baking tray.

5. Roast the Vegetables:

- Roast in the oven for about 25-30 minutes, or until tender and slightly caramelized, stirring halfway through.

6. Serve:

- Arrange the chicken and vegetables on large platters for serving.

This meal is designed to maximize flavor while keeping costs low, perfect for a large gathering. Enjoy your paleo dinner!