

# Recipe:

## Roasted Brussels sprouts, potatoes & chicken

To introduce a new vegetable, try serving it with something you already enjoy. Pairing Brussels sprouts with potatoes and chicken is a good way to try them out.

### INGREDIENTS

- 3 cups Brussels sprouts (fresh or frozen halved vertically, about 3/4 pound)
- 4 small red potatoes (cut into chunks)
- 1/2 cup chopped onion
- 2 cloves garlic (minced)
- 2 tablespoons olive oil
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 1/2 cup non-fat ricotta cheese (or cottage cheese)
- 1/4 cup Part-skim mozzarella cheese (shredded)
- 2 tablespoons nonfat milk
- 1 pound boneless chicken breast (4 portions)
- 2 tablespoons fresh rosemary sprigs and pomegranate seeds



### DIRECTIONS

1. Preheat oven to 325 degrees Fahrenheit.
2. In a 2-quart baking dish coated with cooking spray, toss Brussels sprouts, potatoes, onion and garlic with 1 tablespoon olive oil, salt and pepper.
3. In a small bowl, mix cheese with milk.
4. Coat chicken breasts with remaining olive oil.
5. Nest chicken among vegetables in baking dish.
6. Top with cheese mix.
7. Cover with foil and bake for 40-45 minutes or until chicken is done. Optional: Garnish with fresh rosemary and pomegranate seeds.

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**Nutrition per serving:** Servings 4. Calories 400; Total Fat 12 g; Saturated Fat 3 g; Sodium 370 mg; Total Carbohydrate 40 g; Dietary Fiber 6 g; Protein 35 g

Source: Produce for Better Health Foundation