



PREPARATION: 20 MINUTES

COOKING: 45 MINUTES

4 SERVINGS

# SHEET PAN CHICKEN

## INGREDIENTS

2 tablespoons old-fashioned mustard

2 tablespoons olive oil

2 tablespoons lemon juice

2 garlic cloves, chopped

1 teaspoon dried basil

4 chicken legs\* (454 g)

3 cups frozen vegetables (broccoli, cauliflower, carrot)

1 cup sliced red onion

1 cup orzo

1 tablespoon olive oil

1 teaspoon lemon zest

## PREPARATION

- 1 Preheat oven to 400°F.
- 2 In a small bowl, combine mustard, olive oil, lemon juice, garlic, and basil. Set aside.
- 3 Place the chicken legs on a baking sheet lined with parchment paper or on a silicone sheet. Carefully detach and lift the skin off each chicken leg and distribute half of the mustard mixture under the skins. Add the frozen vegetables and onion slices to the sheet pan and pour the remaining mustard mix over the vegetables. Stir the vegetables to make sure all vegetables have some mustard mix on them.
- 4 Bake in the oven for 45 minutes or until the chicken has lost its pink colour and the internal temperature has reached 165°F.
- 5 In the meantime, cook orzo pasta according to the package instructions. Drain the orzo and transfer to a bowl. Mix with olive oil and lemon zest and serve with the chicken and vegetables. \*\* Add pepper to taste.

\* You can also use skin-on chicken thighs or drumsticks for this recipe.

\*\* Reserve ½ cup of baked vegetables and use them for the omelette recipe on page 8.

### Nutrient Analysis

#### PER SERVING:

¼ of recipe

#### RENAL EXCHANGE:

4 Protein + 2 Starch + 2 Vegetable

Calories	<b>492 Kcal</b>
Protein	<b>37 g</b>
Carbohydrates	<b>42 g</b>
Fibre	<b>6 g</b>
Total Fat	<b>20 g</b>
Saturated Fat	<b>4 g</b>
Cholesterol	<b>145 mg</b>
Sodium	<b>216 mg</b>
Potassium	<b>708 mg</b>
Phosphorus	<b>308 mg</b>