

Spice-Roasted Chicken, Red Onions, Carrots and Parsnips

Serves: 4

Ingredients

2 medium red onions, cut into 1/2-in. wedges
1 1/2 lb medium carrots, cut into 3-in. sticks
1/2 lb medium parsnips, cut into 3-in. sticks
2 Tbsp olive oil
Kosher salt and pepper
4 small chicken legs, split (4 thighs, 4 drumsticks)
2 tsp paprika
1 tsp ground cinnamon



Preparation

Heat oven to 425°F. On a large rimmed baking sheet, toss the onions, carrots, parsnips, oil, and 1/4 tsp each salt and pepper. Transfer half of the vegetables to a second large baking sheet.

Season the chicken with the paprika, cinnamon, 1/2 tsp salt and 1/4 tsp pepper. Nestle the chicken pieces among the vegetables and roast for 15 minutes. Switch the positions of the baking sheets and roast until the chicken is cooked through and the vegetables are golden brown and tender, 15 to 20 minutes more.

For our cover recipe: Use half the amount of carrots and substitute halved new potatoes, turnip wedges or small pieces of rutabaga.

386 calories per serving.

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