MONDAYS

grocery List

Easy Roasted

Rosemary Chicken

You will need:

4 bone-in chicken breasts
2 fresh rosemary sprigs

You probably have:

olive oil/any vegetable oil
paprika
salt
pepper

Roasted

Sweet Potatoes/Yams

You will need:

2 medium sweet potatoes/yams

Fantastic

Roasted Vegetables

You will need:

4 large red potatoes
10 Brussel sprouts
handful baby carrots
1 medium Chinese eggplant
2 medium zucchini
1 onion
8-10 garlic cloves

You probably have:

olive oil/any vegetable oil
salt
parchment paper

Easy Roasted Rosemary Chicken Breast

Author: Ester Perez
Prep time: 5 mins Cook time: 40 mins Total time: 45 mins
Serves: 4

Ingredients

- 4 bone in chicken breasts with skin
- olive oil
- paprika
- salt
- pepper
- fresh rosemary leaves (1-2 sprigs)

Instructions

1. Preheat oven to 425 degrees fahrenheit.
2. Place chicken breasts on a cookie sheet topped with a rack.
3. Drizzle chicken breast with olive oil. Rub the tops and bottoms with oil. Sprinkle some paprika, salt and pepper over the chicken. Rub mixture into the chicken with your hands over the tops and bottom.
4. Sprinkle rosemary leaves over the top of the chicken.
5. Place chicken into your pre-heated oven for 40-50 minutes and bake until chicken is no longer pink in the thickest part of the breast. You can also insert a thermometer in the thickest part of the breast and it is fully cooked once it reaches 165 degrees fahrenheit.
6. Allow chicken to rest for 5 minutes before serving.

Recipe by Nurture My Gut at http://nurturemygut.com/easy-roasted-rosemary-chicken-breast-meal-planning-monday-1.html

How To Roast Vegetables

Author: Ester Perez
Prep time: 10 mins Cook time: 40 mins Total time: 50 mins
Serves: 8 servings

Ingredients

- 4 large red potatoes, cut in eighths or 16 mini red potatoes, cut in half
- 10 Brussel sprouts cut in half
- handful of baby carrots
- 1 medium Chinese eggplant cut into triangles
- 2 medium zucchini sliced 1 inch thick
- 1 onion sliced into large chunks
- 8-10 garlic cloves, unpeeled
- 6-8 Tablespoons avocado or olive oil
- 1 teaspoon salt

Instructions

1. Preheat your oven to 425 degrees Fahrenheit. Line a large baking sheet (I use a half sheet) with parchment paper and set aside.
2. In a large mixing bowl, add potatoes, Brussel sprouts, baby carrots, eggplant, zucchini, onion and garlic. Pour oil over veggies and sprinkle salt throughout. Toss around with hands to distribute salt and oil throughout veggies.
3. Spread veggies onto baking sheet.
4. Bake at 425 degrees for 40 minutes or until potatoes are cooked through.

Recipe by Nurture My Gut at http://nurturemygut.com/how-to-roast-vegetables.html

Easy Roasted Yams

Author: Ester Perez
Prep time: 5 mins Cook time: 60 mins Total time: 1 hour 5 mins
Serves: 2 servings

Ingredients

- 2 medium yams

Instructions

1. Preheat oven to 425 degrees fahrenheit.
2. Bake at 425 degrees for 60 minutes or until a fork easily pierces through with a skin.

Recipe by Nurture My Gut at http://nurturemygut.com/easy-roasted-yams.html