

Category: Dishes

Grilled Chicken and Roasted Vegetables

Chef Keto Keith

This recipe is a show stopper. You can save time by baking everything at the same time. Chicken and vegetables in separate baking platters and in oven at the same time. You can also add lemons .

Ingredients

1 whole organic Chicken

Spices for Chicken

1 tablespoon Italian seasoning

1 teaspoon dried thyme

1 teaspoon paprika

1 tablespoon Dijon mustard

2 tablespoons olive oil

Salt and pepper

Vegetables for platter

3 bulbs of garlic cut in halves

6 Serrano peppers

9 different color medium sweet peppers

2 whole squash cut into quarters

1 large bunches of kale

1 large head cauliflower sliced into steaks

1 small onion quartered

1/2 cup queso fresco crumbled

Spices for vegetables

2 tablespoons granulated garlic

1 teaspoon onion powder

1 teaspoon dried basil

2 tablespoons fresh minced parsley

2 tablespoons butter (for kale)

2 tablespoons olive oil (for vegetables)

Salt and pepper



1. Add all chicken spices ingredients to a bowl and mix well.
 2. Cover whole chicken with spice mixture and season with salt and pepper.
 3. Place chicken on a baking sheet cover with foil and place in a 375 degree oven.
 4. Bake for 30 minutes and then remove foil and bake for 15 minutes more.
- For kale
5. Wash kale and rough tare leaves off stems.
 6. Place torn leave in a stock pot with butter and sauté until kale is wilted, add salt and pepper.
- For the rest of the vegetables
7. Place all remaining veggies on a baking sheet.
 8. Season with spices for vegetables.
 9. Place in a 375 degree oven for 30 minutes or until veggies are slightly golden.
 10. You may need to remove peppers early they cook faster.
 11. Get a large platter and start to assembly.
 12. Start with cauliflower steak and arrange on platter.
 13. Add kale and peppers.
 14. Cut chicken into 8 pieces and arrange on platter.
 15. Add garlic halves , onion and squash.
 16. Arrange so colors pop on platter.
 17. Sprinkle crumbled queso fresco over platter.

Number Of Servings: 3

Preparation Time: 60 minutes