



WHAT'S FOR DINNER?



This fragrantly delicious Roasted Cinnamon Chicken & Sweet Potato recipe is a nutritious meal to be thankful for. Made with fresh and packaged ingredients from this week's Long Beach Food Pantry Delivery and Grocery Grab N Go locations, this wholesome meal will leave your home smelling like Thanksgiving any day of the year.

ROASTED CINNAMON CHICKEN & SWEET POTATOES

Serve with A Side Salad

Nutritional Facts:

Chicken is a great source of lean protein, B12, tryptophan, selenium and phosphorus, While Sweet Potato, Cinnamon, and Cumin together are high in magnesium, calcium, iron, potassium, thiamin, vitamin C, and antioxidants. All this helps digestive and heart health; blood pressure and cholesterol levels, reduce inflammation; boost immune function and energy levels, as well as protect against osteoporosis, cancer, and diabetes.

Ingredients

1 whole roasting chicken

3- 4 sweet potatoes

½ cup extra virgin olive oil

2 Tablespoons ground cinnamon

1 Tablespoon ground cumin

Salt & pepper to taste (approximately ¼ teaspoon of each)

Optional: add other vegetables of choice including carrots, red onion, bell peppers.

Instructions

1. Preheat the oven to 400 degrees F.
2. Rub the outside of the chicken with half of the olive oil and sprinkle lightly with salt. Season the chicken cavity with salt and freshly ground pepper. Tie the legs together with kitchen twine.
3. Cut the sweet potatoes in half and quartered. Place them around the chicken.
4. Pour the rest of the olive oil it all over the sweet potatoes.
5. Sprinkle the cinnamon all over sweet potatoes and chicken, covering the pan with a layer of cinnamon. Sprinkle 1 teaspoon of cumin over the potatoes and chicken.
6. Cover the pan with aluminum foil and place it in the oven. Roast for 60 min, than remove foil and roast for 45 min of until chicken is cooked through and juices run clear. The skin should be crisp and sweet potatoes soft and buttery.

Serve, Eat & Enjoy!

Recipe adapted from www.thegreekfoodie.com

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