

CHICKEN WITH BBQ SAUCE & VEGGIES

Ingredients

1 chicken, cut up (in 4, 8, or 10, as you wish)
1 ½ c. BBQ sauce (I use President's Choice Gourmet)
2 tsp. Paprika
1 ½ tsp. oregano
1 ½ Tbsp. Granulated Garlic
Black Pepper, to taste
4-6 potatoes, peeled & cut in large cubes
1 large onion, cut in large chunks
4 carrots, peeled & cut into 2" pieces
2-3 parsnips, peeled & cut into 2" pieces
Non-stick spray

Method

- Marinate chicken in BBQ sauce & seasonings 20 mins. at room temperature or longer in the fridge (if pressed for time, you can skip this step)
- Spray roasting pan (choose one that has a cover) with non-stick spray
- Place vegetables in bottom of pan
- Place chicken over vegetables
- Pour remaining marinade over vegetables.
- Bake at 350° for 1 ½ hours or until cooked through & juices run clear