

HERB-ROASTED VEGAN CHICKEN AND VEGETABLES

6 red potatoes, cut into chunks
1/2 cup olive oil
2 cloves garlic, minced
1 Tbsp. Herbes de Provence
2 Tbsp. lemon juice
1 tsp grated lemon zest
1 tsp Bragg Liquid Aminos
1 tsp nutritional yeast
1/2 tsp lemon pepper
1 tsp garlic powder
1 pinch celery seed
1 cup frozen vegan chicken tenders
1 cup sliced carrots
1 cup green beans

Preheat oven to 375 degrees.

Slice potatoes into chunks about the same size as the chicken pieces.

Boil potatoes and carrots 10 minutes or until tender but not quite cooked.

Drain and set aside.

Mix oil, garlic, Herbes de Provence, lemon juice, lemon zest, Liquid Aminos, nutritional yeast, lemon pepper, garlic powder, and celery seed in small bowl.

Combine oil mixture, chicken pieces, potatoes, carrots, and green beans in baking dish.

Season with salt if desired.

Roast, uncovered, 30 to 45 minutes, or until top is golden.

I have substituted asparagus for the green beans.

This is such a satisfying meal. One of my favorite dishes to bring to our fellowship meals.

Nutritional information per 1 cup serving

312 calories

10 g protein

19 g total fat (3 g sat fat)

28 g carb

175 mg sodium

4 g fiber

4 g sugar