

Crispy Rosemary Chicken and Fries



This is a one pan meal that's in the oven in 15 minutes. Rosemary, garlic, and oregano create a mouth watering aroma. If using dried herbs in place of fresh, use 1/3 the amount. Potatoes are crispy like french fries, just serve with ketchup. Kids just love this!

Prep: 15 mins

Cook: 1 hr

Total: 1 hr 15 mins

Servings: 6

Yield: 6 servings



Ingredients

8 chicken thighs

6 small red potatoes, quartered

½ cup extra-virgin olive oil, or as needed

1 tablespoon chopped fresh rosemary

1 ½ teaspoons chopped fresh oregano

1 ½ teaspoons garlic powder

salt and pepper to taste

Directions

Step 1

Preheat the oven to 375 degrees F (190 degrees C).

Step 2

Place chicken and potatoes into a large bowl. Pour olive oil over them, and stir to coat. Scatter the chicken and potato pieces in a large baking dish, or cookie sheet with sides. Sprinkle with rosemary, oregano, garlic powder, salt and pepper.

Step 3

Bake for 1 hour in the preheated oven, uncovered. Baste during the last 15 minutes for extra crispness.

Nutrition Facts

Per Serving:

497 calories; protein 24.4g; carbohydrates 27.6g; fat 31.9g; cholesterol 78mg; sodium 106.7mg.