

Turmeric Roasted Chicken and Sweet Potatoes

Yield: 4 servings (serving size: 2 pieces of chicken + ½ sweet potato)

Ingredients

- 2 large shallots, peeled and quartered
- 2 sweet potatoes or yams, peeled, sliced 1-inch thick and quartered (14 oz)
- 2 garlic cloves, minced or pressed through garlic press
- 2 teaspoons ground turmeric, divided
- 1 teaspoon garlic powder
- 1 teaspoon ground ginger
- 2 teaspoons kosher salt, divided
- 2 tbsp olive oil
- 4 skinless chicken drumsticks, on the bone
- 4 skinless chicken thighs, on the bone
- juice of 1 lemon
- 1/2 teaspoon Herbs De Provence or poultry seasoning
- 1/3 cup white wine, (swap for chicken broth for whole30/paleo)



Preparation

1. Preheat the oven to 425F.
2. In a large mixing bowl, toss the shallots, yams, together with the garlic, 1 teaspoon of turmeric, ginger, 1 teaspoon salt, and olive oil until thoroughly combined.
3. Spoon the mixture into a 9 x 13-inch baking dish or casserole pan and arrange in an even layer.
4. Add the chicken to the mixing bowl and season with lemon juice, remaining 1 teaspoon salt, 1 teaspoon turmeric, and Herbs de Provence, toss to coat well.
5. Transfer the chicken legs to the baking dish over the vegetables.
6. Drizzle any of the remaining marinade over the top of the chicken and pour the wine around the sides of the dish.
7. Cover with foil and roast 45 minutes, turn chicken and sweet potatoes and finish, uncovered, until the chicken is fork-tender and the sweet potatoes are soft, about 15 minutes. Spoon the sauce over the chicken and serve.

Nutritional Information: Amount per serving

- Calories: 516
- Calories from fat: 31%
- Fat: 18g
- Saturated fat: 4g
- Protein: 55.5g
- Carbohydrate: 28g
- Fiber: 3.5g
- Cholesterol: 249mg
- Sugar: 5.5g

*Adapted from
Skinnytaste.com
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