Pan-Roasted Chicken with Honey Glazed Carrots & Almonds

Ingredients:

- 2 chicken breasts, bone-in, skin-on
- 2 Tbsp high-heat oil
- 1 pound carrots, sliced ¼-inch thick
- 2 Tbsp olive oil
- 1 Tbsp honey
- 1 cup plain Greek yogurt
- 2 tsp lemon juice
- ½ cup sliced almonds, unsalted (or nut or seed of choice)
- ½ small shallot, chopped
- 2 Tbsp fresh tarragon, chopped
- Salt & pepper

Directions:

1. Preheat oven to 400°F. Season chicken with salt and pepper and let sit at room temperature for 10-15 min.
2. Heat 2 Tbsp oil in oven-proof skillet over medium-high heat. Place chicken skin-side down in pan and cook until golden brown, about 5-8 min. Turn chicken over, place skillet in oven, and roast for about 25-35 min or until internal temp reaches 165°F.
3. Meanwhile, toss carrots with olive oil and honey. Place on baking sheet and roast with chicken for about 15 min.
4. Remove carrots from oven, sprinkle nuts over the top, and place in oven for about 5 min or until nuts are golden brown.
5. While chicken and carrots are roasting, combine yogurt and lemon juice in a small bowl. Season with salt and pepper to taste and set aside.
6. Once chicken and carrots have been removed from the oven, remove chicken from skillet, leaving drippings in pan.
7. Add chopped shallot and tarragon to pan and stir to combine.
8. Add carrots to shallot mixture and mix well.
9. Serve chicken and carrots with lemon yogurt sauce.
10. Enjoy!

Adapted from: https://www.pccmarkets.com/recipe/pan-roasted-chicken-with-honeyed-carrots-and-pistachios/

SOUND DIETITIANS