Title: Roasted Chicken and Vegetables

Prep Time: 15 minutes  Cook Time: 1 hour  Yield: 3

Ingredients:
- 3 chicken breast or thighs, bone in or out
- about 5 Tbsp of Italian Dressing
- 6 Brussels Sprouts
- 1 medium sweet potato
- Oil, Salt, and Pepper

Instructions:
1. Place chicken in a resealable plastic bag with the dressing. Shake to coat, and marinate for at least 15 minutes up to 24 hours.
2. When ready to cook, preheat the oven to 350F.
3. Meanwhile, chop up sweet potato into 1-inch squares with the skin on. Trim off any brown ends off the Brussels sprouts, and cut larger heads in half. Toss with oil, salt and pepper.
4. Remove marinated chicken from the bag, place on a foiled sheet tray. Discard the remaining marinade. Cook until the thickest part of the chicken reaches 165F, and the juices run clear. About 50 minutes to 1 hour.
5. Add the Brussels sprouts and sweet potato to a baking sheet about 20 minutes after the chicken has gone in and roast to the desired consistency. About 40 minutes.

Total Cost of this meal: $7.33 or $2.44/serving

This is a large, starchy, sweet tuberous vegetable contains high levels of Vitamin A, which gives it its signature orange color. It is also a great source of starch, fiber, and some B vitamins. Originates from Central or South America.