

DINNERS WITH DANA

BAKED CHICKEN, RICE/VEGGIES, ROASTED ROOT VEGETABLES & PUMPKIN BARS

INGREDIENTS:

BAKED CHICKEN

- 1 WHOLE CHICKEN
 - 16OZ (2 CUPS) OF BUTTERMILK
 - 1.5 TSP MORJORAM (OREGANO)
 - 1.5 TSP OF BASIL
 - 1 TSP SMOKED PAPRIKA
 - 1.5 TSP OF GARLIC POWDER
 - 1 TSP OF CELERY SEED
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ROOT VEGETABLES FOR ROASTING

- CORN
 - SWEET POTATO
 - RED PEPPER
 - CARROTS
 - CELERY
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PUMPKIN BARS

- 1 PACKAGE - YELLOW CAKE MIX
 - 1/4 CUP - EVAPORATED MILK
 - 1 CAN OF PURE PUMPKIN
 - 2 EGGS
 - 1 TSP OF CINNAMON
 - .5 TSP OF CLOVE
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- 2 BAGS RICE/VEGGIE MIX (WHITE & WILD)

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METHOD:

Preheat Oven to 400

Combine Chicken, Buttermilk and Spices. Mix and set aside.

PUMPKIN BARS

Combine Yellow Cake Mix with evaporated milk, 1 can of Pure pumkin, 2 eggs, 1 tsp Cinnamon, 1/2 tsp of Clove.

Once combined add the Apples Sauce (4-5oz) and stir

Pour into cake pan or cupcake sheet

Place in pre-heated oven and cook according to cake box directions

Cream Cheese Icing

ROASTED ROOT VEGETABLES

Cut the Vegetables and place them (excluding the corn) in a small pot of boiling water.

Boil for 8-10 mins then remove, drain and place on baking sheet with corn. Drizzle the Vegetables with Olive Oil and dust with Morjoram, salt and pepper and place in preheated oven

BAKED CHICKEN

Place the Chicken in the oven along with the Vegetables and Pumkin Bars

RICE/VEGGIES

Combine the Rice/Veggie mixes into a 9" pie pan. add a little chicken broth (optional) and place in preheated oven and cook according to package directions

Keep an eye on all dishes in the oven and take them out as needed. The chicken should be ready in 45 minutes.