

Roasted Chicken and Vegetables with French Green Lentil Ragout

2 ea. Chicken fronts (whole chickens with wings and legs removed)

1 1/2 C. Small cauliflower florettes

1 1/2 C. Quartered Brussels sprouts

1 1/2 C. Celery, cut into 1" chunks

2-3 Tbs. Extra virgin olive oil

Salt and pepper

Small bunch of thyme sprigs

Small bunch of rosemary sprigs

1/4 C. Olive oil

Salt and pepper

French Green Lentil Ragout

- 1.If possible, season the chicken fronts the night before inside and out with salt. Refrigerate uncovered.
- 2.About an hour before dinner, remove the chickens from the refrigerator and allow to stand at room temperature for a half an hour.
- 3.Divide thyme and rosemary evenly between the chicken cavities.
- 4.Preheat oven to 425°.
- 5.Use a roasting pan large enough to hold the chickens with room to allow air flow around them. If necessary, use two pans. Place pan(s) in the oven.
- 6.Place cauliflower, Brussels sprouts, and celery in a bowl. Sprinkle with olive oil and season with salt and pepper. Toss well.
- 7.Pour vegetables into hot roasting pans inside the oven. Close door, cook for 5 minutes.
- 8.After 5 minutes, place chickens atop roasting vegetables. Cook for 25 to 30 minutes or until internal temperature of 165°
- 9.Remove from oven. Remove chicken from pan(s) and allow to rest 5-10 minutes.

10. Remove vegetables and drippings from pan and reserve warm.
11. Place chicken fronts on cutting board. Cut chicken off bone. Slice breast into 2-3 pieces.
12. Serve.

French Green Lentil Ragout

- 2 Tbs Olive oil
- ½ C. Small diced carrots
- ½ C. Small diced fennel
- ½ C. Small diced onion
- 1 ea. Bay leaf
- 1 C. French green lentils
- 2-3 C. Chicken stock

Salt and pepper

Extra virgin olive oil to finish

1. Heat oil in a 3-4 qt sauce pot over low to medium heat.
2. Add diced vegetables and sweat gently while stirring.
3. As soon as the vegetables begin to soften, add bay leaf, lentils, and half the stock.
4. Bring to a simmer and allow to cook. Stir occasionally. Add more stock as needed to keep the lentils just covered.
5. Cook until lentils are firm yet soft. This should take about 30 minutes.
Remove from heat. Season with salt and pepper.
6. Finish with a splash or two of olive oil to make delicious.