



ROASTED HUCKLEBERRY CHICKEN WITH KALE SALAD

Serves 2 | 735 calories per serving

INGREDIENTS

2 frozen chicken leg quarters, skin on

1 tbsp vegetable oil2 cloves garlic, minced

4 oz huckleberry vinaigrette sauce

3 cups curly kale, chopped (about 1 bunch)
1 lemon, juiced or 3 tbsp. lemon juice

2 cloves garlic, minced

3 tbsp olive oil

2 tsp citrusy garlic spice blend

grated parmesan (optional)



Double the measurements for 4 servings or triple them for 6 servings, and use bigger pots, pans, and bowls.



WE WANT TO KNOW WHAT YOU THINK!

Please provide feedback on your Cook WA Meal Kit experience by going to: www.surveymonkey.com/r/CookWA or using the QR code to the left.

Recipe adapted from myfoodandfamily.com and downshiftology.com.

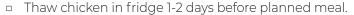
Spices included in this recipe were produced by SA Milligan Company, Inc. Sauces included in this recipe were produced by Northwest Gourmet Foods. For a full list of ingredients, please visit agr.wa.gov/services/food-access/ cookwa

Photos taken by staff and students from The Evergreen State College's Photoland: Carrie Chema, Gail Dillon-Hill, Kai Couch and Mich Beuvink.



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PREP





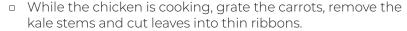
- In a deep container or zip-top bag, place chicken leg quarters and cover with huckleberry vinaigrette sauce.
- Cover container or seal bag and marinade in refrigerator for 10 hours so the marinade soaks into the skin.
- Once chicken is marinated, preheat oven to 350 F.
- Finely mince garlic with a sharp knife.

COOK CHICKEN



- Coat baking sheet with vegetable oil and evenly scatter half of the minced garlic on sheet.
- Place the marinated chicken, skin side up, on the baking sheet.
 Put chicken in oven and bake for 50 minutes.
- Do not flip the chicken over, so you get crispy skin and juicy meat.

MAKE SALAD





- In a small skillet over medium heat, sauté remaining minced garlic in olive oil for about 30 seconds.
- Set the garlic infused oil aside to cool.



 Place the kale and grated carrots in a large bowl and toss in the cooled olive oil, lemon juice, and citrusy garlic spice blend.



 Massage the kale mixture with your hands for two minutes, or until the leaves start to wilt.

PLATE

- After 50 minutes, remove chicken from the oven. Cut the chicken lightly with a kitchen knife to ensure it is fully cooked and juices are clear. If the juices run pink, place chicken back in the oven and continue cooking for 10 - 15 more minutes or until fully cooked.
- Once fully cooked, place the chicken and kale salad on a plate.
- □ Top off the kale salad with grated parmesan and serve.



Cook Washington (Cook WA) provides ingredients and recipes to families in need across Washington State. This pilot project aims to increase access to fresh healthy food, while teaching families new ways to prepare and enjoy delicious meals at home. Cook WA is a project of the Washington State Department of Agriculture's (WSDA) Food Assistance Program.

This material was funded by USDA's Supplemental Nutrition Assistance Program—SNAP. This institution is an equal opportunity provider. The Washington State Basic Food Program can help provide a healthy diet consistent with the Dietary Guidelines for Americans.

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Nutrition Facts	
Serving Size	1 Serving
Amount Per Serving	Calories 735
	% Daily Values
Total Fat 62.74g	80%
Saturated Fat 11.597g	58%
Polyunsaturated Fat 15.354g	9
Monounsaturated Fat 25.053	3g
Cholesterol 80mg	27%
Sodium 604mg	26%
Total Carbohydrate 29.08g	11%
Dietary Fiber 2.2g	8%
Sugars 14.62g	
Includes 28g Added Suga	rs 56 %
Protein 19.78g	
Calcium 148mg	11%
Iron 1.82mg	10%
Potassium 522mg	11%
Vitamin A 773mcg	86%
Vitamin C 133.2mg	148%

tributes to a daily diet. 2,000 calories a day is used for general nutrition advice.