



ROASTED HUCKLEBERRY CHICKEN WITH KALE SALAD

Serves 2  735 calories per serving

INGREDIENTS

2	frozen chicken leg quarters, skin on
1 tbsp	vegetable oil
2 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)

4 or 6 

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.



Washington
State Department of
Agriculture

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PREP

- ❑ Thaw chicken in fridge 1-2 days before planned meal.
- ❑ In a deep container or zip-top bag, place chicken leg quarters and cover with huckleberry vinaigrette sauce.
- ❑ Cover container or seal bag and marinate 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

- ❑ While the chicken is cooking, grate the carrots, remove the kale stems and cut leaves into thin ribbons.
- ❑ 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.

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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	
Monounsaturated Fat	25.053g	
Cholesterol	80mg	27%
Sodium	604mg	26%
Total Carbohydrate	29.08g	11%
Dietary Fiber	2.2g	8%
Sugars	14.62g	
Includes 28g Added Sugars		56%
Protein	19.78g	
Calcium	148mg	11%
Iron	1.82mg	10%
Potassium	522mg	11%
Vitamin A	773mcg	86%
Vitamin C	133.2mg	148%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.