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)

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**
- 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 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**
- 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.

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**Nutrition Facts**

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>1 Serving</th>
</tr>
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<tbody>
<tr>
<td>Amount Per Serving</td>
<td>Calories 735</td>
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<tr>
<td>% Daily Values*</td>
<td></td>
</tr>
<tr>
<td>Total Fat</td>
<td>62.74g</td>
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<tr>
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<tr>
<td>Protein</td>
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*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.

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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