

One Pan Autumn Chicken Dinner



Makes about 4-5 servings

Ingredients:

- 4-5 skinless chicken breasts
- 4 T. olive oil, divided
- 1 ½ T. red wine vinegar
- 3 cloves garlic, minced
- 1 T. each minced fresh thyme, sage, and rosemary, plus more for serving
- Salt and pepper to taste
- 1 large sweet potato, peeled, chopped into ¾-inch cubes
- 1 lb. Brussels sprouts, sliced into halves
- 2 Fuji apples, cored and sliced into halve moons about ¼-inch thick
- 2 shallot bulbs, peeled and sliced about ¼-inch thick
- 4 slices turkey bacon, chopped into 1-inch pieces

Directions:

1. Preheat oven to 450 degrees F. Pour 2 tablespoons olive oil, red wine vinegar, garlic and herbs into a gallon size resealable bag, add chicken, season with salt and pepper then seal bag and massage mixture over chicken while working to evenly distribute herbs. Set aside and let rest while chopping veggies.
2. Place sweet potato, Brussels sprouts, apples and shallot on a large rimmed baking sheet. Drizzle with remaining 2 tablespoons olive oil, then toss to evenly coat and season with salt and pepper to taste. Spread into an even layer, then set chicken over veggie/fruit mixture. Sprinkle bacon evenly over veggie/fruit mixture.

3. Roast in preheated oven until chicken and veggies are golden brown, about 30 minutes or until chicken reaches an internal temperature of 165. Sprinkle with more herbs and serve immediately.

Are foods with fewer ingredients listed really better for us? Short, recognizable ingredient lists are leading packaged food trends in 2016, yet the number of ingredients or a person's ability to pronounce an ingredients has nothing to do with the nutrition value of the food and therefore should not be the appropriate guide for one's food purchases. Shorter ingredient lists do not necessarily mean a food or beverage is better for you. Companies that make chips, ice cream and other dessert items are among the fiercest competitors for simplifying ingredients lists, but does that mean they are a healthy snack choice? For instance, a popular chocolate company "improved" their classic chocolate syrup by cutting the list down to 5 ingredients, in reality this new version just has different forms of sugar, and actually gives you 1 gram of sugar more than the original version. Another example might be choosing between a seasoned salmon filet or hot dogs for dinner tonight. The salmon (with 23 grams of protein for 190 calories) may have 20 ingredients listed, but the hot dogs (with 15 grams of protein for 190 calories and 3x the saturated fat) only have 12 ingredients listed. Another thing to keep in mind is just because you don't recognize the ingredient or can't pronounce it, doesn't necessarily mean it's bad for you. For example, "pyridoxine hydrochloride" sounds like some scary chemical additive, right? It's actually just vitamin B6. And "cyanocobalamin", that's vitamin B12. What about "beta-glucan"? Oat and barley beta-glucan are soluble fibers sometimes added to food to increase the fiber content to help one feel more full. All this aside, there are foods with long ingredient lists that may be unhealthy options, but that might not necessarily be the reason why they are unhealthy. Focusing more on the sugar, fat, sodium and total calories on the nutrition facts labels may play a more important role when it comes to your health. In other words, think about the whole picture when making decisions for food purchases.

The graphic below is another example of a "natural" food which, when you break it down, has many ingredients. FYI, bananas can be a part of a healthy diet and provide a variety of important vitamins and minerals!

AN ALL-NATURAL BANANA



INGREDIENTS: WATER (75%), **SUGARS (12%)** (GLUCOSE (48%), FRUCTOSE (40%), SUCROSE (2%), MALTOSE (<1%)), STARCH (5%), FIBRE E460 (3%), **AMINO ACIDS (<1%)** (GLUTAMIC ACID (19%), ASPARTIC ACID (16%), HISTIDINE (11%), LEUCINE (7%), LYSINE (5%), PHENYLALANINE (4%), ARGININE (4%), VALINE (4%), ALANINE (4%), SERINE (4%), GLYCINE (3%), THREONINE (3%), ISOLEUCINE (3%), PROLINE (3%), TRYPTOPHAN (1%), CYSTINE (1%), TYROSINE (1%), METHIONINE (1%)), **FATTY ACIDS (1%)** (PALMITIC ACID (30%), OMEGA-6 FATTY ACID: LINOLEIC ACID (14%), OMEGA-3 FATTY ACID: LINOLENIC ACID (6%), OLEIC ACID (7%), PALMITOLEIC ACID (3%), STEARIC ACID (2%), LAURIC ACID (1%), MYRISTIC ACID (1%), CAPRIC ACID (<1%)), ASH (<1%), PHYTOSTEROLS, E515, OXALIC ACID, E300, E306 (TOCOPHEROL), PHYLLUQUINONE, THIAMIN, **COLOURS** (YELLOW-ORANGE E101 (RIBOFLAVIN), YELLOW-BROWN E160a), **FLAVOURS** (3-METHYLBUT-1-YL ETHANOATE, 2-METHYLBUTYL ETHANOATE, 2-METHYLPROPAN-1-OL, 3-METHYLBUTYL-1-OL, 2-HYDROXY-3-METHYLETHYL BUTANOATE, 3-METHYLBUTANAL, ETHYL HEXANOATE, ETHYL BUTANOATE, PENTYL ACETATE), 1510, NATURAL RIPENING AGENT (ETHENE GAS).