



Za'atar Roasted Chicken Dinner

GF
option

INGREDIENTS

⅓ cup Hy-Vee plain Greek yogurt
¼ cup cucumber, seeded and coarsely shredded
1 tsp fresh dill, chopped, plus additional for garnish
¼ tsp Hy-Vee reconstituted 100% lemon juice
1 tbsp salt-free za'atar seasoning
1 tsp Hy-Vee salt
¾ tsp Hy-Vee black pepper, divided
1 (4½- to 4¾-lb.) Hy-Vee fresh 100% natural whole chicken
4 tbsp Gustare Vita olive oil, divided
1 ½ lb B-size gold potatoes, quartered
12 oz carrots, peeled, halved crosswise and lengthwise
1 tsp Hy-Vee garlic salt

PREPARATION

- 1** Preheat oven to 375°. Spray a large shallow roasting pan with nonstick spray; set aside.
- 2** For tzatziki sauce, stir together yogurt, cucumber, 1 teaspoon dill and lemon juice. Cover and refrigerate. Stir together za'atar seasoning, salt and ½ teaspoon pepper; set aside.
- 3** Remove giblets from chicken; discard or set aside for another use. Pat chicken inside and outside completely dry with paper towels. Rub outside of chicken with 1½ tablespoons olive oil. Sprinkle and rub za'atar mixture over outside of chicken. Tie drumsticks together with kitchen string; twist wing tips under back. Place chicken, breast side up, in prepared roasting pan.
- 4** Roast chicken for 45 minutes. Place potatoes and carrots in a large bowl. Drizzle with 2 tablespoons olive oil; sprinkle with garlic salt and remaining ¼ teaspoon pepper. Toss to coat.
- 5** Arrange vegetable around chicken. Drizzle remaining ½ tablespoon olive oil over chicken. Continue roasting for 35 to 45 minutes or until chicken reaches 170° in thickest part of thigh. Transfer chicken to a cutting board; loosely cover with foil and let rest. Remove and discard cooking juices from pan.
- 6** Increase oven temperature to 425°. Stir vegetables in pan and roast for 10 to 15 minutes more or until lightly browned and fork-tender.
- 7** To serve, arrange chicken and vegetables on a serving platter. Serve with tzatziki sauce. Garnish with additional dill, if desired.

NUTRITION FACTS

Calories: 576
Total Fat: 37g
Saturated Fat: 8g
Trans Fat: 0g
Cholesterol: 81mg

Sodium: 1194mg
Carbohydrates: 36g
Fiber: 5g
Sugar: 7g
Protein: 25g