

# ZESTY LEMON HERB CHICKEN WITH BROWN RICE PILAF & SUMMER VEGETABLES

342.6 calories | 14.0 g total fat | 3.1 g saturated fat | 0.0 g trans fat | 2.5 g polyunsaturated fat | 7.1 g monounsaturated fat | 126.2 mg cholesterol | 158.3 mg sodium | 27.5 g carbohydrates | 4.1 g fiber | 5.6 g sugars | 26.9 g protein



American Heart Association | American Stroke Association

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INGREDIENTS	50 SERVINGS	100 SERVINGS	200 SERVINGS
<b><u>Chicken:</u></b>			
Chicken thighs	18 pounds	36 pounds	72 pounds
Lemon zest	12 tablespoons	24 tablespoons	3 cups
Dried parsley	.25 cup	.5 cup	1 cup
Dried thyme	1/3 cup	2/3 cup	1 1/3 cups
Shallots	1 cup	2 cups	4 cups
Olive oil	8 ounces	16 ounces	32 ounces
Garlic	1/2 cup	1 cup	2 cups
<b><u>Summer Vegetables:</u></b>			
Zucchini	7 pounds	14 pounds	28 pounds
Yellow squash	7 pounds	14 pounds	28 pounds
Roma tomatoes	25 medium	50 medium	100 medium
Salt	1 teaspoon	2 teaspoons	4 teaspoons
<b><u>Rice Pilaf:</u></b>			
Long-grain brown rice	6.25 cups	12.5 cups	25 cups
Olive oil	2 tablespoons	4 tablespoons	8 tablespoons
Onion	5 cups	10 cups	
Celery	5 cups	10 cups	
Carrot	5 cups	10 cups	

## PROCEDURE

1. Combine marinade ingredients and chicken, store in refrigerator and marinate covered for at least 3 hours. (No more than 24 hours)
2. Preheat oven to 425 degrees. Prepare sheet pans with parchment paper.
3. Spread marinated chicken on sheet pans. Bake until internal temperature reaches 165 degrees (approximately 15-20 minutes).
4. For pilaf, cook rice according to manufacturer's instructions and omit salt and fat. In a large saute pan, heat olive oil and cook celery, carrot and onion over medium heat until onion is translucent. Toss rice with cooked vegetables, cover and keep warm for serving.
5. For vegetable medley, slice zucchini and yellow squash into 1/4 inch half-moons. Remove seeds from Roma tomatoes and cut into julienne strips.
6. Steam zucchini and squash, finish with tossing in tomato and salt.
7. Serve immediately with chicken and rice pilaf. Garnish with fresh parsley.



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