Balsamic Roasted Chicken with Potatoes

Ingredients:
For Chicken
- 6 chicken breast halves
- 1 tsp honey
- 1/3 cup balsamic vinegar
- 1/4 cup grapeseed oil
- 1 tsp Dijon mustard
- 5 garlic cloves, minced
- 1 tsp fresh rosemary, minced
- 1 tsp thyme, minced
- 1 tsp sea salt
- 1 tsp olive oil (for cooking chicken)

Directions:
Chicken Marinade
- Place chicken in large Ziploc bag.
- Using blender or flood processor, combine the honey, balsamic, grapeseed oil, mustard, garlic, herbs and sea salt, blend until well mixed.
- Pour the balsamic mixture over the chicken in the bag and seal, mix the chicken in the bag, refrigerate for 1 hour and up to 24 hours.

For Potatoes
- 2 tsp grapeseed oil
- 1/2 tsp dried parsley
- 1/2 tsp dried basil
- 1/2 tsp oregano
- 1 tsp granulated garlic
- 1 tsp sea salt
- 1 lb sweet potatoes peeled and diced into 1/2 "cubes
- 1 lb russet potatoes, peeled and diced into 1/2 "cubes

Roast Potatoes
- Pre-heat oven to 425 degrees.
- Toss all potato ingredients together in a large bowl, mix well.
- Pour potatoes onto parchment lined baking tray or oven safe baking dish. Roast for 35-45 min or until potatoes are golden brown. Flip the potatoes 1/2 way through to ensure even color.

For Chicken
- Heat olive oil in pan until shimmery.
- Cook chicken breasts in pan until browned.
- Finish cooking in oven at 400 degrees until center of chicken reaches 165 degrees.

Created, cooked, and provided by Culinary Chef Jessica Vanroo at Health & Fitness Fridays workshop on 1/25/2013