



Food & Dining

HEALTHY DISH

Potatoes don't have to be the enemy

MICHELLE DUDASH
SPECIAL FOR THE REPUBLIC

If you love earthy comfort in a bowl, this dish is for you.

The key to the simplicity of this meal, baked on a sheet pan, is cutting the ingredients into the right size, which ensures the correct doneness. Then you just pop it in the oven, go on with your business and, minutes later, you have juicy chicken, crispy brussels sprouts and fork-tender potatoes. A complete meal to warm you on a cold autumn night.

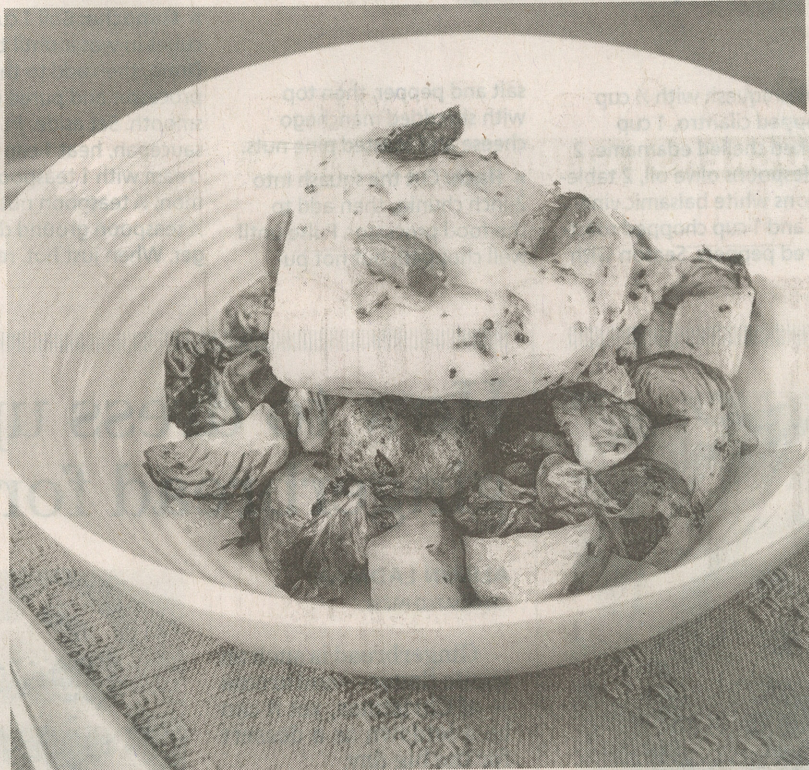
As a registered dietitian, I can tell you that if you're trying to lose weight, don't fear potatoes. The latest evidence is a recent study published in the *Journal of the American College of Nutrition* (full disclosure, commissioned by the U.S. Potato Board). Overweight individuals randomly assigned to a reduced-calorie diet — either high glycemic index or low — or a control group all lost a couple of pounds of body weight while eating 5-7 servings of potatoes per week.

This study helps dispel the myth that potatoes make you gain weight. I enjoy potatoes at least once a week — boiled, roasted, baked and, on occasion, even deep-fried. Potatoes provide 45 percent of the daily value of vitamin C and have more potassium than a banana.

Michelle Dudash of Scottsdale is a chef and author of "Clean Eating for Busy Families."

Roasted Brussels Sprouts, Chicken and Potatoes With Kalamata Olives

Servings: 4.
Prep time: 30 min.
Cook time: 35 min.



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Roasted Brussels Sprouts, Chicken and Potatoes With Kalamata Olives.

1 pound boneless skinless chicken breasts, cut into 4 pieces
4 cups trimmed and quartered brussels sprouts
3 cups Yukon gold or red potatoes, cut into bite-size pieces
1 cup medium-diced onions
½ cup vinaigrette dressing (not fat-free)
Juice of 1 medium lemon
2 teaspoons Dijon mustard
1½ teaspoons oregano
½ teaspoon garlic salt
¼ cup quartered kalamata olives
Freshly ground black pepper
Preheat oven to 400 degrees.
Place the chicken in a single layer in the middle of a sheet pan. Then place the brussels sprouts in one section of the pan, the potatoes in another, and the

onions in the remaining space. Combine the vinaigrette, lemon juice, mustard, oregano and garlic salt in a small bowl and drizzle over the chicken and vegetables. Sprinkle with olives and pepper and toss vegetables to coat evenly. Bake for 20 minutes or until chicken is cooked through. Transfer chicken to a plate and stir the vegetables. Continue to roast the vegetables for 15 minutes, until the outer leaves of the brussels sprouts are crispy and the potatoes are fork tender.

Per serving (1 piece of chicken and about 1 cup of vegetables): 361 calories, 10 g total fat (2 g saturated fat, 0 trans fat), 707 mg sodium, 70 mg cholesterol, 37 g total carbohydrate (7 g fiber), 32 g protein.