

POULTRY



Lemon-Garlic Roasted Chicken and Veggies

and

Sesame Chicken with White Rice

Produce

Bell pepper, 1
Carrots, whole, 4
Garlic, 4 cloves
Lemons, 2
Onion, red, ½
Parsley, 8 stems
Tomatoes, 2

Meat

Chicken, whole, 1 (3 ½- to 4-pounds)

Dairy

Butter, salted, 3 ounces (6 tablespoons)

Pantry

Cornstarch, 1 tablespoon
Honey, 3 ounces (¼ cup)
Olive oil, extra-virgin, 2 tablespoons
Rice vinegar, 2 fluid ounces (¼ cup)
Rice, white, uncooked, 6.3 ounces (1 cup)
Sesame oil, 2 teaspoons
Soy sauce or tamari, 2 fluid ounces (¼ cup)

Seasonings

Garlic powder, ½ teaspoon
Sesame seeds, white, 2 tablespoons