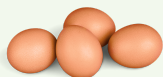




Green for Go Local

.....
 Ingredients in **green** =
 locally grown or produced



Eggs



Chicken



Breadcrumbs



Potatoes



Honey

Crispy Chicken and Wedges

By Jenny & Rosie

Serves 4-6

Ingredients

For Chicken:

½ Cup (125 mL)

1

1 tsp (5 mL)

¼ tsp (1 mL)

1 ½ lb (680 g)

2 Cups (500 mL)

¼ Cup (60 mL)

For Wedges:

2 lb (900 g)

2 Tbsp (30 mL)

½ tsp (3 mL)

For dipping

Ranch dressing (see [Build a Sub recipe](#))

Egg

Salt

Ground black pepper

Chicken drumsticks or boneless, skinless **chicken breasts or thighs** cut into 1 ½ oz (45 g) strips

Whole wheat panko or other dry **breadcrumbs**

Oil

Potatoes, washed and cut in wedges or cubes

Oil

Salt or garlic salt

Honey, ketchup, sweet and sour sauce

Directions

Note: Wash all produce well. If using drumsticks, marinate overnight for best results. If you don't have ranch dressing, swap in ½ Cup buttermilk, ½ additional tsp salt and ¼ tsp ground black pepper.

1. Whisk the ranch dressing, eggs, salt and pepper until thoroughly combined. Place the chicken in a container or bowl and pour the dressing over, tossing to coat. Cover and refrigerate overnight.
2. In a frying pan, heat the oil over low heat. Add the breadcrumbs and stir to combine. Cook, stirring occasionally, until breadcrumbs are golden brown, 5-10 minutes. (This step can be done ahead; store the crumbs in a tightly covered container in the freezer until needed.)
3. Heat the oven to 400°F (200°C). Line 2 baking sheets with parchment paper.
4. To make the wedges, toss the potatoes with the oil and salt, and spread in a single layer on one of the prepared baking sheets. Roast, turning the potatoes once or twice, for 25-30 minutes, until tender and browned.
5. Remove the chicken from the marinade, letting excess drip off. Coat in the breadcrumb mixture, then place on the other baking sheet in a single layer.
6. Bake until the internal temperature reaches 165°F (74°C), about 1 hour for drumsticks and 20-25 minutes for fingers.



Create Your Plate!

Veg It Up!

Roast sweet potatoes, turnips (rutabagas) and parsnips cut into french fry shapes along with the potatoes to add colour, fiber, and flavour.

Ideas for Toppings & Sides

Put a variety of options for toppings and/or sides on your table for your family to "choose your own adventure," salad bar-style.

- ★ **Sweet potatoes** - mashed or roasted
- ★ **Carrots**
- ★ **Cucumbers**
- ★ **Lettuce** and other **greens**
- ★ **Tomatoes**
- ★ **Sunflower shoots** or other **microgreens**
- ★ **Coleslaw** or **broccoli slaw**
- ★ **Broccoli**
- ★ **Cauliflower**
- ★ **Turnips** or **rutabaga** - raw or roasted
- ★ **Green or yellow beans** - lightly cooked
- ★ **Peas**
- ★ **Corn**
- ★ **Fruit**

Note from the Authors

"Through our salad bar experience in schools, we have heard from many parents and volunteers that they have tried a mini 'Create Your Plate' Bar for dinner at home and their 'picky kids eat more veggies than ever and get excited about dinner!' It just might be worth a few extra bowls to clean! 😊"

- Jenny & Rosie



Sweet Potato



Carrot



Cucumber



Mixed Greens



Tomato



Microgreens



Slaw



Broccoli



Cauliflower



Turnip



Beans



Peas



Corn



Fruit