



Chicken Pot Roast

This dish is sumptuous but a snap to make. Once you've browned the chicken, simply pop it into the oven and baste it occasionally. Serve it over buttered noodles to soak up all the luscious juices.

1 chicken (3½ lbs.), in 8 pieces,
rinsed and patted dry
Salt and freshly ground
black pepper, to taste
2 Tbsp unsalted butter
2 Tbsp olive oil
2 cups diced carrots

1 large onion, halved and
slivered
2 Tbsp minced garlic
1 Tbsp chopped fresh
tarragon (or 1 tsp dried)
2 Tbsp flat-leaf parsley,
for garnish

1. Preheat the oven to 350°F. Season the chicken generously with salt and pepper.
2. Melt the butter with the oil in a large, heavy oven-proof casserole over medium heat. Brown the chicken in batches, about 8 minutes per batch, being careful not to pierce the skin. Remove to a plate.
3. Reduce heat to medium-low. Add the carrots, onion, garlic, and tarragon; cook, stirring, for 5 minutes. Return the chicken and any juices to the casserole, arranging the pieces atop the vegetables. Cover and bake in the oven for 1 hour, basting occasionally. Sprinkle with chopped parsley and serve immediately.

Serves 6. Per serving: 400 calories, 7g carbs, 30g protein, 27g fat, 125mg cholesterol.