

Chicken

WITH CREAMY DILL & LEEK SAUCE

This creamy roast chicken recipe was inspired by a dish made in Turkey, where whole fish are cooked on a bed of potatoes and dill. Comforting and filling, this healthy chicken recipe is perfect for a dill enthusiast, but other herbs, like parsley or thyme, work just as well.



WAC Fun Food Fact

Should you eat the thigh (dark meat) or the breast (light meat)? It depends. For slightly more protein with less saturated fat, choose leaner, lower calorie light meat. For more iron, thiamin, and zinc, opt for a thigh or drumstick.

INGREDIENTS

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| 2 tablespoons unsalted butter, at room temperature | 1 pound small Yukon Gold or red potatoes, peeled |
| 2 tablespoons chopped fresh dill, divided, stems reserved | 4 small-to-medium leeks (about 2 pounds) |
| 1 teaspoon salt, divided | 1 3/4 cups low-sodium chicken broth |
| 1 teaspoon ground pepper, divided | 1/4 cup dry vermouth |
| 1 4 1/2-pound whole chicken, patted dry | 1/4 cup crème fraîche or sour cream |
| 1 lemon | |

NUTRITION

Per serving: 318 calories; 12 g fat (5 g sat, 3 g mono); 86 mg cholesterol; 23 g carbohydrates; 0 g added sugars; 4 g total sugars; 27 g protein; 2 g fiber; 400 mg sodium; 579 mg potassium.

PREPARATION

Preheat oven to 400°F.

Mash butter in a small bowl with 1 tablespoon dill and 1/4 teaspoon each salt and pepper. Carefully loosen the skin over the chicken breast and legs; push and spread the butter around under the skin until it's as evenly distributed as possible. Sprinkle the chicken with 1/4 teaspoon each salt and pepper. Place in a roasting pan. Squeeze lemon over the chicken, then put the rinds into the cavity along with the dill stems.

Slice potatoes about 1/16 inch thick. Remove most of the dark green tops and the root ends from leeks. Halve the leeks lengthwise and rinse well to remove any grit between the layers. Cut into 1 1/2-inch pieces.

Scatter the potatoes and leeks around the chicken. Season with the remaining 1/2 teaspoon each salt and pepper. Heat broth to boiling and pour it onto the vegetables, along with vermouth.

Roast the chicken and vegetables for 20 minutes. Reduce oven temperature to 350° and continue roasting until the potatoes are tender and an instant-read thermometer inserted into the thickest part of a thigh without touching bone registers 165°F, 1 to 1 1/4 hours.

Transfer the chicken to a warmed platter and cover with foil. If the vegetables haven't absorbed all the liquid, set the pan over medium-high heat on the stovetop and boil, stirring, until the liquid mostly disappears. Gently fold crème fraîche (or sour cream) into the vegetables; it doesn't have to be completely mixed in—there is a rough edge to this dish that makes it all the more satisfying. Pour any accumulated juice from the chicken over the vegetables. Serve the chicken with the vegetables, scattered with the remaining 1 tablespoon dill.



Recipe of the Month | **APRIL**

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