

There's an app for that!

By Ashleigh Noyes

Tribune columnist

As spring hits I would much rather be out enjoying the weather with my kids than cooped up in the kitchen baking. I still want my family to have a good meal at night and a full belly at bedtime, so finding a happy medium between the two always poses a challenge. Luckily, there is an app for that! Well, kind of! I do have an app on my iPad that I plan my menus with each week and make a grocery list, but it doesn't plan what meals go where. I still have to do that!

This recipe is one that is easy and quick to prepare and leaves everyone happy.

Roasted Chicken and Veggies

4 large carrots with tops, peeled
1 lb. potatoes, halved
1/4 cup Balsamic Vinaigrette Dressing, divided
4 small bone-in chicken breast halves
2 Tbsp. Grated Parmesan Cheese

Heat oven to 400° F. Cut tops off carrots, leaving 1/2-inch-long stem at top of each. Cut carrots diagonally in half, then cut thicker half of each carrot lengthwise in half; place in large bowl. Add potatoes and 2 Tbsp. dressing; toss to coat.

Spread vegetables onto half of parchment-covered rimmed baking sheet.

Toss chicken with remaining dressing; place, skin-sides up, on baking sheet with vegetables.

Bake 45 to 50 min. or until chicken is done, turning vegetables after 30 min. Transfer chicken and vegetables to platter; top vegetables with cheese.