



Roast Chickens with Pistachio Salsa, Peppers, and Corn



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



690 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 servings pepper black freshly ground
- ☐ 0.3 cup brine-packed olives minced
- ☐ 5 pounds roasting chickens whole
- ☐ 4 pepper flakes red seeded thinly sliced
- ☐ 2 tablespoons flat parsley minced
- ☐ 0.3 cup chives fresh thinly sliced
- ☐ 3 cups ears corn fresh (from 4 ears)

- ☐ 2 tablespoons rosemary leaves fresh chopped
- ☐ 1 tablespoon sage fresh chopped
- ☐ 3 garlic clove with the back of a knife minced mashed
- ☐ 1 teaspoon kosher salt
- ☐ 1 optional: lemon halved
- ☐ 0.3 cup juice of lemon fresh
- ☐ 2 tablespoons lemon zest finely grated
- ☐ 1 cup olive oil extra virgin extra-virgin
- ☐ 8 cups bell pepper red yellow thinly sliced (5 large peppers)
- ☐ 0.5 cup onion red minced
- ☐ 1 teaspoon pepper red crushed
- ☐ 2 tablespoons red wine vinegar
- ☐ 3 tablespoons thyme sprigs fresh chopped for stuffing
- ☐ 1 cup pistachios unsalted shelled coarsely chopped

Equipment

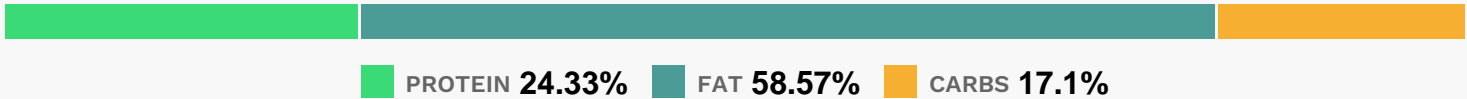
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ whisk
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ ziploc bags
- ☐ kitchen twine

Directions

- ☐ Whisk lemon juice, oil, garlic, 3 tablespoons thyme, rosemary, and sage in a small bowl; set marinade aside.

- ☐ Season chickens with salt and pepper inside and out.
- ☐ Place each inside a resealable plastic bag; divide marinade between bags.
- ☐ Spread marinade evenly to distribute. Seal bags and chill for at least 4 hours and up to 24 hours.
- ☐ Preheat oven to 450°F.
- ☐ Transfer chickens from bags to a small roasting pan; gently blot excess oil from marinade with paper towels, leaving herbs intact on chicken skin. Stuff each chicken with a lemon half and several thyme sprigs. Tie legs together with kitchen twine, if desired.
- ☐ Roast until well browned, 30–35 minutes. Reduce heat to 350°F and continue roasting, occasionally basting chickens with pan juices, until an instant-read thermometer inserted into the thickest part of the thigh registers 165°F, 20–30 minutes longer.
- ☐ Transfer chickens to a carving board; let rest for 20 minutes before carving.
- ☐ Heat oil in a large skillet over medium heat.
- ☐ Add onion, capers, and red pepper flakes. Season with salt and cook, stirring occasionally, until onion is soft but not brown, about 5 minutes.
- ☐ Add peppers and chiles; season with salt and cook, stirring occasionally, until soft, 10–12 minutes. Stir in caper brine, corn, parsley, and vinegar just before serving.
- ☐ Combine first 4 ingredients in a small bowl. Stir in oil. DO AHEAD: Can be made 2 days ahead. Cover and chill.
- ☐ Let come to room temperature before serving.
- ☐ Serve with chickens and peppers and corn.

Nutrition Facts



Properties

Glycemic Index:39.19, Glycemic Load:3.31, Inflammation Score:-10, Nutrition Score:42.177826093591%

Flavonoids

Eriodictyol: 3.26mg, Eriodictyol: 3.26mg, Eriodictyol: 3.26mg, Eriodictyol: 3.26mg Hesperetin: 4.87mg, Hesperetin: 4.87mg, Hesperetin: 4.87mg, Hesperetin: 4.87mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Apigenin: 2.25mg, Apigenin: 2.25mg, Apigenin: 2.25mg, Apigenin: 2.25mg Luteolin: 2.41mg,

Luteolin: 2.41mg, Luteolin: 2.41mg, Luteolin: 2.41mg Isorhamnetin: 0.59mg, Isorhamnetin: 0.59mg, Isorhamnetin: 0.59mg, Isorhamnetin: 0.59mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 2.64mg, Quercetin: 2.64mg, Quercetin: 2.64mg

Nutrients (% of daily need)

Calories: 689.76kcal (34.49%), Fat: 45.96g (70.71%), Saturated Fat: 11.09g (69.28%), Carbohydrates: 30.19g (10.06%), Net Carbohydrates: 22.63g (8.23%), Sugar: 13.12g (14.58%), Cholesterol: 177.98mg (59.33%), Sodium: 671.42mg (29.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.96g (85.92%), Vitamin C: 251.7mg (305.09%), Vitamin A: 7122.63IU (142.45%), Copper: 2.72mg (135.93%), Vitamin B3: 16.36mg (81.81%), Vitamin B6: 1.49mg (74.71%), Phosphorus: 523.86mg (52.39%), Folate: 167.99µg (42%), Selenium: 26.48µg (37.83%), Manganese: 0.73mg (36.58%), Vitamin B2: 0.59mg (34.93%), Vitamin B12: 2.05µg (34.15%), Potassium: 1182.1mg (33.77%), Vitamin K: 35.44µg (33.76%), Vitamin B5: 3.18mg (31.81%), Iron: 5.51mg (30.61%), Fiber: 7.56g (30.24%), Vitamin B1: 0.43mg (28.74%), Magnesium: 109.95mg (27.49%), Zinc: 3.83mg (25.56%), Vitamin E: 3.8mg (25.36%), Calcium: 83.52mg (8.35%)