**African Roasted Chicken with Root Vegetables and Lemon Red Sauce**

**Produce**

Garlic *(if needed)*

1 yellow onion

1 large garnet yam   
  
2 medium purple or red potatoes

2 medium carrots

1 rutabaga

1 lemon

**Canned/Dried Foods**

quinoa (if needed)

two 15 oz. cans no-salt tomato sauce

dry basil leaves (if needed)

dry oregano leaves(if needed)

red wine to cook with(if needed)

**Frozen Foods**

Morningstar Chick’n Strips or equivalent product *(if eating plant-based)*

**Meat/Fish/Poultry**

2 boneless, skinless chicken breasts *(if eating meat)*

**Chilled Foods/Dairy**