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

**Produce**

1 large garnet yam (if you didn’t cook last night)

2 medium purple or red potatoes (if you didn’t cook last night)

2 medium carrots (if you didn’t cook last night)

1 rutabaga (if you didn’t cook last night)

1 sweet onion

1 lemon

**Canned/Dried Foods**

quinoa (if needed)

two 15 oz. cans no-salt tomato sauce

red wine to cook with(if needed)

dry basil leaves (if needed)

dry oregano leaves(if needed)

**Frozen Foods**

Plant-based Chick’n Strips of choice *(if eating plant-based)*

**Meat/Fish/Poultry**

 2 small cooked chicken breasts from freezer *(if eating meat)*

**Chilled Foods/Dairy**