



# Pick of the Month



## September

# Blackberries



### Blackberry Roasted Chicken

A unique addition to a family dinner classic.

Servings 4  
Prep Time: 15 min  
Cook Time: 45 min

#### Ingredients

2 cups blackberries, washed and drained  
2 chicken breasts, split (skin on, bone in)  
1 lemon, sliced  
4 sprigs fresh rosemary  
Garlic salt



#### Directions

Preheat oven to 350°F. Rinse and dry chicken. Carefully lift skin of chicken and stuff with 1 rosemary sprig, 1/4 of blackberries, and 1/4 of lemon slices. Sprinkle with garlic salt.

Roast at 350°F for about 45 minutes, until golden brown.

Adapted From: <http://www.naturipe.com>

*Blackberries are a nutritious fruit grown both in wild and domesticated versions. The Marionberry was developed at Oregon State University and named after the local county in Oregon.*



*Blackberries contain natural antioxidants which battle cancer and free radicals. They are a healthy and inexpensive fruit and snack alternative.*

The Corvallis School District Food Service incorporates the Pick of the Month selection in many of its school menu options. Check out our website for more information.  
[www.csd509j.net/district\\_information](http://www.csd509j.net/district_information)

**October**  
**Pick of the Month**  
**Grapes**



*The Corvallis School District Food Service Department encourages family health and nutrition by adding fresh fruits and vegetables to your daily diet.*

CSD Food Service partners with many local businesses, such as: Fruit & Veggie Promotion, Farm 2 School, Corvallis Environmental Center, CSD Wellness Committee, CSD Superintendent's Sustainability Committee, many local farmers, & this establishment

