

# { Prep List }

w/o: jan 15, 2017

Whoohoo, it's prep time! After you're finished prepping each ingredient, store in covered container if you're not using it right away.

## *chop it up*

- veggies for roasted veggies (then pop it in the oven!)
- cut potatoes into wedges
- take rotisserie chicken off bone + chop finely
- juice + zest lemon
- slice smoked sausage into coins
- dice onion + celery

## *in the oven*

- toss roasting veggies in olive oil, salt, and pepper and cook for 30 minutes at 350
- cook bacon on separate pan at same time

## *marinate*

- 2# chicken for gumbo: cut into 1" cubes and marinate with olive oil + cajun seasoning

## *mix it up*

-  nothing to mix this week