

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Apple and Thyme Chicken

From www.cooking4f.com

Serves 4-6

2 Tbs coconut oil, melted

1 whole chicken, cut up or the equivalent in pieces, with bone and skin

1 tsp salt

¼ tsp pepper

1 tart green apple, cored and thinly sliced

1 shallot, minced

1 tsp thyme

¼ cup balsamic vinegar

Preheat oven to 375 degrees.

Grease a 9x13 pan and place chicken in a single layer. Rub the chicken with the coconut oil, then sprinkle with the salt and pepper. Scatter the apple, shallot thyme leaves over the chicken and pour on the balsamic vinegar. Bake for 40-50 minutes, until the chicken is 165 degrees in the thickest part of the meat.

You can serve this with green beans or a salad.