

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Maple Roast Chicken and Sweet Potatoes

From www.cookingTF.com

Serves 4-6

4-6 sweet potatoes, peeled and cut into 1-inch chunks

4 Tbs coconut oil, melted

2 tsp salt

1 whole chicken, cut into pieces, or pieces to feed 4 to 6 people

¼ tsp pepper

½ tsp thyme

3 Tbs maple syrup

1. Preheat oven to 400° F. Grease a 9x13 or larger pan and set aside.
2. In bowl, combine the sweet potatoes with 2 Tbs oil and 1 tsp salt and toss to coat. Set aside.
3. Place the chicken pieces in a single layer in the pan and coat with the remaining oil. Sprinkle the remaining 1 tsp of the salt over the chicken and place the sweet potatoes on top. Sprinkle the pepper and thyme then drizzle the maple syrup over all. You may want to stir the sweet potatoes around one or two times during cooking.
4. Roast for 1 hour and 15 minutes or until done.