



cara price

ROASTED CHICKEN WITH CABBAGE & APPLES

INGREDIENTS

for the veggies:

- 1/2 head of red cabbage, thinly sliced
- 2 granny smith apples, peeled & sliced
- 2 tablespoons dijon mustard
- 1 tablespoon olive oil
- 1 tablespoon apple cider vinegar
- 1 tablespoon honey
- 1/2 teaspoon each: garlic powder, salt & dried thyme
- 1/4 teaspoon pepper

for the chicken:

- 4 chicken breasts, bone in, skin on
- 2 tablespoons olive oil
- 1 tablespoon ghee, melted
- 1-1/2 teaspoons salt
- 1/2 teaspoon each: paprika, allspice, pepper & dried thyme

DIRECTIONS

preheat the oven to 400.

in a medium bowl, combine all the ingredients for the veggies & toss together, making sure it is completely mixed up.

spread the veggie mixture onto a rimmed baking sheet then place the chicken breasts into the same bowl you just used to mix up the veggies.

combine the olive oil, ghee & remaining spices for the chicken in a small bowl or mixing cup.

gently lift the skin of each chicken breast & evenly divide about 3/4 of the mixture under the skin of each breast. use the remaining 1/4 of the mixture to rub on the outside of the skin. then give all the chicken a quick rub down with any extra drippings of seasoning.

place the chicken directly on top of the cabbage & apples & roast in the oven for 40-45 minutes. {use a meat thermometer to check to make sure chicken reaches an internal temperature of 165}

serve immediately, topping each chicken breast with cabbage & apples.