

Maple Roasted Chicken



INGREDIENTS

2 tablespoons olive oil
2 large chicken quarters,
sprinkled with a few
pinches of salt
2 carrots, peeled and cut
into quarters
1 large potato, peeled and

cut into cubes
1 small onion, sliced
6 cloves garlic
1 teaspoon sea salt
2 tablespoons pure maple
syrup
1 tablespoon fresh thyme
leaves

DIRECTIONS

1. Preheat oven to 425.
2. In large skillet, heat 1 Tbsp oil over medium heat.
3. Add the chicken quarters, skin side down, and brown 5 minutes. Flip and brown 5 more minutes.
4. Add the carrots, potatoes, onion and garlic to large bowl and toss with remaining oil and sea salt. Spread into the bottom of the prepared pan.
5. Once is browned, place on top of vegetables, skin side up. Brush with maple syrup and sprinkle with thyme.
6. Bake 40-45 minutes or until internal temperature reaches 165. Serve immediately.



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