



One-Pan Chicken with Fall Fruit

Active Time: 15 minutes | Total Time: 1.5 hours | Serves: 6

Nutrition Information Per Serving

627.2 calories, 22.23 g carbohydrate, 3.54 g fiber, 18.69 g NET carbs, 37.47 g protein, 43.18 g fat

Ingredients

- 1 whole - 4lb. free-range, organic chicken
- 1 whole orange, zested and sliced
- 3 medium(s) carrots, peeled
- 1 medium organic pear
- 1 medium organic Granny Smith apple, peeled
- 1 medium white onion, sliced into half moons
- 6 clove(s) garlic, peeled
- 1 tsp sea salt
- 4 Tbsp(s) coconut oil, melted
- 1 tsp dried sage
- 3 sprig(s) fresh rosemary
- 2 Tbsp(s) honey

Preparation

1. Preheat oven to 425 F.
2. Rinse the chicken and remove giblets from cavity. Pat the chicken dry and truss. Sprinkle inside and out with half the salt. In a small bowl, whisk together melted coconut oil, honey, dried sage, orange zest and remaining salt. Rub mixture all over chicken to coat evenly, reserving some of the marinade for the fruit. Place chicken in the center of the roasting pan.
3. Roughly chop onions, carrots, pear and apple. Combine with whole garlic and orange slices. Place around pan and stuff some of the mixture into the cavity with the rosemary. Drizzle pan fruit mixture with remaining marinade.
4. Transfer to oven and roast for 75-80 minutes. After 45 minutes, the chicken should have a golden brown crust. Tent with foil and cook and additional 30 minutes to an internal temperature of 165 F in the thickest part of the chicken breast.
5. Remove from oven and allow chicken to rest for 10-15 minutes. Carefully move chicken to a cutting board to carve. Serve with roasted fruit.

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