

## Apple Onion Roasted Chicken

- 1 chicken, patted dry
- 2 T each chopped rosemary, thyme
- 1/2 t Kosher salt
- 1/4 t freshly ground black pepper
- 4 apples, cored, thickly sliced
- 2 onions, thickly sliced
- 1/2 c [Coconut Sap Seasoning Sauce](#), plus a few more tablespoons for basting and dipping

Preheat oven to 450F.

Place apples and onions in a roasting pan, add the **Coconut Sap Seasoning Sauce** and top with chicken seasoned with rosemary, thyme, salt and pepper.

Bake at 350F, basting several times with drippings or a little **Coconut Sap Seasoning Sauce**. Cook for 90 minutes or until the temperature in the dark meat is 180F. Let chicken stand 10 minutes before carving. Serve chicken with apples, onions and a little extra **Coconut Sap Seasoning Sauce** for dipping. Serves 4-6. Leftovers make fabulous pressed sandwich fixings as the apple onion mixture blends into a luscious spread.

**Jittery Cook**

## **Apple Butternut Squash Bake**

- 1 medium-sized butternut squash, sliced 1/4-inch thick along the long narrow part with no seeds. (For another recipe: roast the bulge of the squash separately with a touch of olive oil and seasoning)
- 3 apples, thinly sliced on a mandolin, then cored
- 1 onion, thinly sliced on a mandolin
- 2 t finely chopped rosemary
- 1/2 c **Coconut Sap Seasoning Sauce**
- kosher salt and freshly ground black pepper

Preheat oven to 420F.

In a large casserole dish, combine all ingredients and arrange them loosely in layers as pictured, then bake for 35 minutes or until golden brown and caramelized. Serve hot or cold as a side dish. Serves 8-10.

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