

FEEDING Laramie Valley



Recipe ideas based on this week's Shares bag

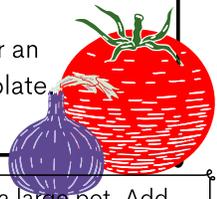
One Sheet Pan Rosemary Chicken with Potatoes and Green Beans

Ingredients

- 4 bone-in, skin-on chicken breasts or chicken thighs
- 3 tablespoons butter, melted
- 1 1/4 teaspoon salt, divided
- 1/2 teaspoon black pepper
- 4 teaspoons garlic, minced, divided
- 2 tablespoons rosemary, chopped, divided
- 1 teaspoon lemon zest
- 2 tablespoons olive oil
- 1 lb. sweet potatoes cubed
- 1/2 lb. green beans

Cooking Instructions

1. Position a baking rack in the center of the oven and preheat the oven to **450°F**. Line baking sheet with 2 layers of foil.
2. In a small bowl, combine the melted butter, 1 teaspoon salt, black pepper, 2 teaspoons garlic, 1 tablespoon rosemary, and lemon zest. Gently loosen the skin of the chicken breast and using a brush, brush the skin and the meat with the butter. Place chicken breasts on one side of the prepared baking sheet.
3. In a bowl, combine olive oil, 1/4 teaspoon salt, remaining 2 teaspoons garlic, and 1 tablespoon rosemary. Toss the sweet potatoes until the olive oil coats them all. Lay the potatoes on the other side of the baking sheet.
4. Bake for 20 minutes. After 20 minutes, check the chicken for doneness, if the juices are running clear, or the internal temperature is at 170 degrees, remove the chicken to a plate, and loosely cover with foil.
5. Toss the green beans in with the potatoes and allow the olive oil to coat the beans. Continue to bake for an additional 10 minutes. My chicken took exactly 30 minutes and I did not need to remove the chicken to a plate. Depending on the size of the chicken breast, you may or may not need to remove it. Serve warm.



The Perfect Homemade Applesauce

Ingredients

- 4 pounds of Fuji apples (about 8 to 10 apples, depending on the size), peeled, cored, and quartered
- 2 strips of lemon peel (use a vegetable peeler, zester or cheese grater)
- 3 tablespoons lemon juice or apple cider vinegar (more or less to taste)
- 1/2 teaspoon ground cinnamon
- Up to 1/2 cup of white sugar (can sub half of the white sugar with brown sugar or use honey)
- 1 cup of water
- 1/2 teaspoon of salt

1. Place the peeled, cored, and quartered apples into a large pot. Add the strips of lemon peel, the lemon juice or vinegar, cinnamon, sugar, water, and salt.
 2. Bring to a boil on high heat, then lower the temperature, cover the pot, and maintain a low simmer for 15-20 minutes, until the apples are completely tender and cooked through.
 3. Once the apples are cooked through, remove the pot from the heat.
 4. Remove the lemon peels.
 5. Use a potato masher to mash the cooked apples in the pot to make chunky applesauce. For smoother applesauce, you can purée them using a stick blender or a standing blender.
 6. If the applesauce is too thick, add more water to thin it out.
- ** If not sweet enough, add more sugar to taste. If too sweet, add more lemon juice