

Angels Cook Book



Rosemary Chicken, Apples & Potatoes

Cooking spray	1 pound Yukon Gold potatoes, cut into 1/4-inch slices
2 tablespoons butter	2 tablespoons olive oil
1 large onion, sliced	6 bone-in, skin on chicken thighs
Salt, plus more to taste	2 tablespoons chopped fresh rosemary
4 teaspoons white sugar	ground black pepper
5 medium apples - peeled, cored, and cut into 1/4-inch slices	

Instructions:

Preheat the oven to 400 degrees F (200 degrees C). Spray the top and bottom parts of a broiler pan with cooking spray.

Melt butter in a skillet over medium heat and add onion slices. Sprinkle onions with 1 teaspoon salt and saute for 2 minutes. Add sugar and continue cooking until onions are translucent but not browned, 6 to 8 minutes. Remove from heat.

Layer apples, potatoes, and sauteed onion slices in the bottom part of the broiler pan. Cover with the part top of the broiler pan.

Drizzle olive oil over chicken thighs. Sprinkle with fresh rosemary, salt, and pepper. Rub olive oil and spices thoroughly all over each thigh and place on the top part of the broiler pan.

Roast in the preheated oven until juices run clear and an instant-read thermometer inserted into the thickest part of the thigh, near the bone, reads 165 degrees F (74 degrees C), about 1 hour. Serve apples, potatoes, and onion alongside chicken thighs.

Nutritional Information

Serving Size: 6 servings • Calories: 404

www.allrecipes.com/recipe/276263/rosemary-roasted-chicken-with-apples-and-potatoes/



Maple Pecan Blondies

2 cups all purpose flour	1/2 cup pure maple syrup
1 teaspoon salt	2 large eggs
1 teaspoon baking powder	2 teaspoons vanilla extract
1/4 teaspoon baking soda	1 1/2 cups pecans, toasted and chopped, divided
2/3 cup unsalted butter	
1 1/4 cups packed brown sugar	

Instructions:

Gather ingredients. Preheat the oven to 350 degrees F (175 degrees C).

Line an 8x8-inch baking pan with parchment paper, extending the paper over the sides.

In a large bowl, whisk together flour, salt, baking powder, and baking soda; set aside.

In a medium saucepan, combine butter, brown sugar, and maple syrup. Cook and stir over medium heat until melted and smooth, about 6 minutes. Remove from the heat and let cool for 10 minutes.

Stir eggs and vanilla into the butter mixture. Then stir butter mixture into flour mixture.

Fold in 1 1/4 cups of the pecans.

Spread batter in prepared pan.

Sprinkle remaining 1/4 cup pecans over the top. Bake until set, 35 to 40 minutes. The internal temperature should read 200 degrees F (93 degrees C).

Cool for 10 minutes on a wire rack before lifting from pan with the parchment paper. Cool completely on a wire rack. Cut into bars for serving.

Nutritional Information

Serving Size: 16 servings • Calories: 284

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