

Roasted Chicken & Vegetables with Cinnamon Apples



Prep:

10 mins

Total:

2 hours

Sirve:

8 servings

Pieza:

Complete Gourmet Collection - 8.5 Qt. Roaster
Máquina Saladmaster
Sartén Pequeña con Tapa de 21,8 cm (8.6 pulg.)

Valora:

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Contribuido por:

Diana Valenciano
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Descripción de la Receta:

"Stacked Cooking" is a cooking technique that allows you to cook an entire meal by stacking your Saladmaster cookware together over one burner to save space and energy. This succulent chicken and delicious cinnamon apples will quickly become one of your go-to favorite meals.

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See product details for the [Saladmaster Limited Edition 8.5 Qt. Roaster](#)

Chicken

1

whole

chicken, washed and seasoned

4

stalks

celery, cut into 3 inch pieces

2

onions, cut into fourths

3

carrots, scrubbed and cut into fourths

4

lemons, cut into fourths

4

potatoes, scrubbed and cut in half

2

parsnips, scrubbed and cut into fourths

6

garlic cloves, peeled

Cinnamon Apples

4

red apples, washed and sliced. Use Cone #4

¹/₂

tbsp

cinnamon

¹/₂

tsp

nutmeg

¹/₂

cup

walnuts

¹/₄

cup

raisins

Preparación :

1. Add potatoes, carrots, parsnips, celery and onion to your roaster.
2. Stuff your chicken with garlic, lemons, onion and celery. Season your chicken generously and add it over the vegetables in your roaster. Cover with an inverted 10" skillet and turn heat to medium. Add water around the rim. When the water around the rim begins to fizz out, turn heat to low and cook for 1 ¹/₂ - 2 hours, or until chicken has cooked through.
3. While the chicken is cooking, process the apples into a 9"

skillet and add the spices, walnuts and raisins. Cover and cook for approximately 10 mins. When Vapo-Valve? begins to click steadily, place the skillet over the inverted 10" skillet to begin stack cooking until the chicken has cooked through.

4. Serve chicken warm with a side of vegetables. Add a scoop of vanilla ice cream, if desired, with your cinnamon apples for a delicious dessert.

Información nutricional por ración

Calorías:

270

Grasa Total:

7g

Grasa Saturada:

1g

Colesterol:

8mg

Sodio:

328mg

Carbohidratos:

52g

Fibra Dietética:

8g

Azúcar:

16g

Proteína:

6g