

Blueberry Maple Chicken

Ingredients:

3 pounds chicken (whole, breast or leg) seasoned with salt, pepper and butter
2 cups of blueberries (fresh or frozen)
½ cup maple syrup
¼ cup balsamic vinegar (or apple cider vinegar)
2 tbsp virgin olive oil
¼ cup thinly sliced onions
2 tsp dried rosemary
Freshly ground pepper (approx. ¼ tsp) and ½ tsp salt

Directions for combining ingredients:

1. Season your choice of chicken parts using salt, pepper and butter.
2. Bake/roast chicken until done (no pink meat visible and temp at center 170+ degrees); set aside on baking dish. Alter heat of oven to 375 degrees after baking chicken.
3. Using the olive oil in frying pan, cook onions until soft and starting to caramelize.
4. Add the blueberries and stir in pan with onions for 1 or 2 minutes (depending on whether they were frozen or fresh).
5. Add the vinegar, maple syrup, rosemary, salt and pepper and simmer about 10 minutes.
6. Pour the blueberry mixture over the baked chicken.
7. Place the baking dish in the oven on the top rack (oven now at 375 degrees) for approximately 8-10 minutes.

Note: optional garnish of rosemary sprigs.