

ISSUE 52



A pinch of this & a dash of that

MEGAN'S WEEKLY RECIPES

This week:

- HONEY PROVENCAL APRICOT CHICKEN

A great way to incorporate fresh produce into a meal!

Honey Provençal Apricot Chicken

INGREDIENTS

- 1 whole chicken cut into 8 pieces (breasts, thighs, legs, wings)
- 1 can halved apricots (or use fresh apricots, or quartered peaches)
- ¼ cup champagne or white wine vinegar
- 2 tablespoons honey
- 2 tablespoons olive or avocado oil
- 1 Provençal herbs packet

DIRECTIONS

1. Place chicken parts into crockpot.
2. Add apricots, placing evenly around and in between chicken pieces.
3. Whisk together vinegar, oil and honey. Pour over the chicken.
4. Open the herb packet and sprinkle over the chicken, using your hands to rub the herbs into the chicken. The chicken should be evenly covered with herbs on both sides.
5. Place the lid on the crock-pot and set it on low for 6 hours.