



## Healthy Recipes For Health Nuts

### **Baked Chicken w/ Roasted Apples, Raisins & Walnuts**

#### **Ingredients**

5 cups Braeburn apple or any baking apple, unpeeled & chopped into medium chunks  
1/2 cup raisins  
1/4 cup chopped walnuts (optional)  
1 teaspoon fresh sage, chopped  
1/2 teaspoon ground cinnamon  
1/4 teaspoon ground nutmeg  
2 garlic cloves, chopped  
1/2 teaspoon salt, divided  
Cooking spray  
2 lbs. chicken thighs, skinned  
1/4 teaspoon black pepper  
1 Tablespoon fresh parsley, chopped

#### **Directions**

1. In a large bowl, combine first 8 ingredients, toss well to coat apples. Spread apple mixture evenly on the bottom of an 8 x 10 inch baking dish coated w/nonstick cooking spray.
2. Sprinkle chicken with salt & pepper, and then arrange chicken on top of apple mixture.
3. Bake at 475 degrees for 25-30 minutes, or until chicken is done and apples are tender. Place chicken on a bed of apples, sprinkle with parsley, and serve w/ your favorite harvest vegetable.

### **Apple & Raisin Bread Stuffing**

#### **Ingredients**

14 to 16 slices white or wheat bread  
1 cup celery, chopped

1/2 cup onion, chopped  
2 Tablespoons margarine  
1 cup apple, peeled & diced  
1/2 cup raisins  
1 teaspoon poultry seasoning or sage  
1 teaspoon thyme (fresh if possible)  
1/4 teaspoon pepper  
1 cup water  
1 teaspoon butter-flavored sprinkles  
1/2 teaspoon instant chicken bouillon granules  
Non-stick spray coating

### **Directions**

1. Cut bread into 1/2 inch cubes.
2. Spread into a single layer in a shallow baking pan.
3. Bake in oven at 300 degrees for 10 to 15 minutes, or until dry, stirring twice or simply let bread cubes stand covered at room temperature for 8 to 12 hours.
4. In a small saucepan, cook the celery and onion in margarine until tender.
5. Remove from heat and stir in apple, raisins, poultry seasoning or sage, thyme and pepper.
6. Place the dried bread cubes in a mixing bowl and add the onion and apple mixture.
7. Combine water, butter-flavored sprinkles and bouillon granules then drizzle over bread mixture and toss lightly to moisten.
8. Next, spray a 2-quart casserole with non-stick coating, spoon stuffing into casserole and bake stuffing, covered for approximately 50 to 55 minutes.