



MARKET FRESH MEALS

Watch local chef Alvira Betsa prepare these dishes!

Roasted Chicken: <https://bit.ly/3sRWrir>

Fall Apple Cake: <https://bit.ly/3jkZqNr>

ROASTED CHICKEN

Cut up favorite vegetables, such as, carrots, potatoes, brussel sprouts, fennel, onions, mushrooms, etc.

Drizzle with olive oil and sprinkle salt and pepper to taste.

Chicken, about 5-6 pounds. Clean it.

Stuff chicken with

½ fresh lemon,
½ garlic bulb,
salt,
pepper,
fresh herbs: thyme and parsley,
½ yellow onion.

Place stuffed chicken in pan. Pour vegetables around chicken.

Drizzle chicken with olive oil and a little melted (salted) butter, to taste.

Bake 425 degrees for about 2 hours.

Test chicken - make sure juices run clear.



FALL APPLE CAKE

2 cups sugar

¾ cup vegetable or canola oil

3 eggs

1 tsp. vanilla

Beat until creamy.

4 cups all purpose flour

1 tsp baking soda

1 tsp cinnamon

¼ tsp nutmeg

1 tsp salt

Mix well.

Add to the creamy mixture.

Add 4 large apples (cubed);
I prefer granny smith

Mix well.

Bake 350 degrees F for 50 minutes, check to make sure inserted pick comes out clean.

