

Cran-Rosemary Chicken

Yield: 6 Servings

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PREP TIME: 10 MIN

COOK TIME: 40 MIN

TOTAL TIME: 50 MIN

Chicken breast bake with cranberries and fresh rosemary for a sweet and savory meal

INGREDIENTS

- 1 lb Chicken Breasts
- 1 cup Cranberries, fresh or frozen
- 2 large Sprigs Fresh Rosemary
- 1/2 tsp Salt
- 1/4 tsp Pepper

Sauce

- 2 Tbsp Coconut Aminos
- 2 Tbsp Sugar Free Maple Syrup
- 1 Tbsp White Wine Vinegar
- 1 Tbsp Minced Garlic

INSTRUCTIONS

1. Preheat the oven to 350 Degrees
2. In a small bowl, mix the ingredients for the sauce and set aside
3. In a greased baking dish, lay the chicken breasts on the bottom and season with half the salt and pepper
4. Brush 1/2 the sauce over the chicken, flip the chicken over, and season with remaining salt and pepper and sauce

5. Pour the cranberries evenly over the chicken and place the rosemary sprigs across the top
6. Bake for 40 minutes of until the chicken is cooked through
7. Serve with your favorite veggies and enjoy!

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