



## Ginger Glazed Chicken

### *Ingredients*

2 pounds chicken thighs, skin on, bone in  
1 pound carrots, chopped into 1 inch pieces  
2 large yellow onions, 1 inch slices  
1 large bell pepper, 1 inch slices  
2 cloves garlic, minced  
1 T coconut oil  
1/4 cup ginger syrup  
1 T sesame seeds  
Salt & pepper to taste  
(1/2 t red pepper flakes, if desired)

#### Garnishes:

1/4 cup fresh chopped cilantro  
Lime wedges

### *Directions*

Pre-heat oven to 450 degrees. In a large bowl, mix all the ingredients (except garnish) together and season well with salt and pepper. In a sauté pan, roasting pan or cast iron pan coated lightly with oil on medium-high heat, sear the chicken thighs first, skin side down until brown then flip and continue cooking until brown, about 6-8 minutes total. Remove the chicken and add the rest of the bowl to the pan. Sauté for 5 minutes then top with chicken, skin side up. Roast in the oven for 15-20 minutes until juices run clear when chicken is pierced and veggies are cooked thru. Serve family-style on platter with rice (or preferred grain).