Grilled Chicken with Roasted Mixed Vegetables

**Meal Ingredients**

* Whole pasture raised chicken
* Variety of different Vegetables
* 2 Tablespoons of Grassfed organic butter or avocado oil or coconut oil for chicken breast
* 1 Tablespoon of avocado oil or cocounut oil for the vegetables
* Garlic salt sprinkle to taste
* Onion powder sprinkle to taste
* Pepper sprinkle to taste

**Chicken Rub Ingredients**

**Mix together**

* ¼ cup coconut sugar
* ½ teaspoon cayenne powder
* ½ teaspoon garlic powder
* ½ teaspoon paprika
* ½ teaspoon salt
* ¼ teaspoon black pepper
* 2 Tablespoons olive oil

1 PREP CHICKEN

Heat oven or grill to 350 F. Cut up Chicken into pieces. Sprinkle and rub the Chicken rub seasonings on the chicken.

2 COOK CHICKEN PARTS

Place chicken parts (not breast) on the grill or in a pan and put in the oven and bake for 40 Minutes. If you are cooking in the oven we will turn the oven up when we add the vegetables and this will help the chicken to have a crispy outside crust.

3 COOK VEGETABLES

Peel and cut up carrots (if they are organic you can just scrub real good) . Cut up all other vegetables. Spread on a baking sheet with a large drizzle of oil garlic salt, onion powder, and pepper. Turn up oven to 425 F and add with the chicken. Cook about 15 to 20 minutes or until vegetables are tender.

4 COOK CHICKEN BREAST

You can cook your breast with the parts but we like to cook them this way so they don’t dry out and stay juicy.

Melt 1 Tablespoon of butter (or coconut, or avocado oil) in a pan. When butter is melted and hot add chicken. Let it cook until it is cooked half way up the side of the chicken. Turn over and cook until the sides are all cooked. Add more butter or oil as needed to pan.