



FREE

Fall into Healthy Choices

Nourish your meals with healthier choices from the autumn harvest

Break the OCD Stereotype

Local Licensed Clinical Social Worker explains Obsessive Compulsive Disorder

Allergy-Safe Halloween

A guide to allergy-friendly ways to trick or treat this Halloween

Recover from Burnout

Comprehend the symptoms and better your overall health

Breast Cancer Awareness

Learn about preventative care practices for Breast Cancer

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Our Mission

Your Bliss explores the human spirit, the wealth of relationships, mental and physical health, and spiritual well-being. We celebrate moments of achievements, triumphs and patience for diverse audiences. Our goal is to bring you information that you can use to explore and celebrate health, wealth, happiness, and spirit.

With the ever-expanding nature of technology, knowledge and healthcare, there is a growing supply of data to take from. With Your Bliss, we find the information for you and put it all in one place. Every month, we bring you new articles on a wide range of topics so you can live a fulfilling and whole life.

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Falling into a Healthy Lifestyle

By: Usman Mehmood

As summer fades and cooler days settle in, autumn brings more than changing leaves and crisp mornings. It also brings a colorful harvest filled with foods that can make healthy eating feel natural and enjoyable. From pumpkins and sweet potatoes to apples, pears, squash, and leafy greens, the fall harvest offers an abundance of nutritious choices. By aligning our eating habits with the rhythm of the season, we can turn autumn into an opportunity to practice mindful nutrition and build healthier habits.

One of the simplest ways to embrace the fall harvest is to fill our plates with seasonal fruits and vegetables. Apples and pears provide dietary fiber that supports healthy digestion, while pumpkins and sweet potatoes are rich in beta-carotene, which the body can convert into vitamin A. These naturally colorful foods can add both flavor and important nutrients to everyday meals without relying heavily on processed ingredients.

Fall foods can also contribute to immune health. As cooler weather arrives, nourishing the body becomes especially important. Many seasonal fruits and vegetables contain vitamins, minerals, and antioxidants that help support the body's normal immune function. Foods such as pumpkin, leafy greens, apples, and winter squash can provide a variety of nutrients as part of a balanced diet. Rather than searching for one “super food,” the fall harvest encourages us to enjoy a diverse selection of whole foods.



There is also something comforting about autumn cooking. A warm bowl of vegetable soup, roasted squash, baked sweet potatoes, or oatmeal topped with sliced apples can transform a simple meal into a satisfying experience. Choosing wholesome comfort foods can make healthy eating feel less like a restriction and more like a routine worth enjoying. This sense of satisfaction can make it easier to maintain positive eating habits over time.

The benefits of the fall harvest extend beyond the dinner table. Seasonal cooking can encourage mindful eating by bringing greater attention to where food comes from, how it is prepared, and how it makes us feel. Visiting a local farmers’ market, preparing a new vegetable, or cooking a meal from scratch can turn food into a more intentional part of the day. Autumn can also serve as a reminder to refresh other aspects of our lifestyle. As we adjust to shorter days and cooler temperatures, we can establish consistent sleep routines, stay physically active, drink enough water, and make time for relaxation. Small changes made consistently can become habits that continue long after the leaves have fallen.

Ultimately, the fall harvest is more than a seasonal collection of ingredients. It is an invitation to slow down, reconnect with wholesome foods, and make choices that support overall wellness. By enjoying the variety and nourishment that autumn provides, we can quite literally **fall into a healthier lifestyle—one meal, one habit, and one season at a time.**

Breast Cancer Awareness

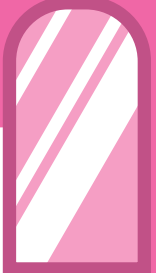
Self-examinations can help in prevention when performed monthly post-puberty. It can be performed in 3 different ways:



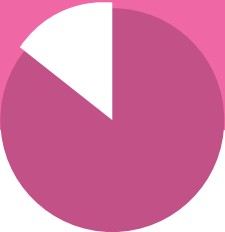
In the Shower

Lying Down

In Front of a Mirror



Breast cancer is the second leading cause of cancer death among women.



About 85% of breast cancer occurs in women who have no family history of breast cancer.

A woman's risk of breast cancer nearly doubles if she has a first-degree relative who has been diagnosed with breast cancer.



1/8

Women in the U.S. are diagnosed with Breast Cancer in their lifetime.

breastcancer.org & nationalbreastcancer.org

A Doctor's Guide to Breast Cancer Prevention

By: Dr. Riffat Sadiq, CEO, WNY Medical PC, Channel Creator

Breast health is an essential part of precautionary care, a healthy lifestyle makes an impact long before regular mammograms started at the age of 40. For supporting overall breast health women can sustain an ideal weight by performing physical activities. They can eat a balanced rich diet including vegetables, fruits, lean proteins, whole grains and restrict processed foods. Having a good amount of sleep can also help in overall well-being.

Women should be well acquainted with normal and abnormal breast features. They should know how to identify and inspect any lump, inflammation, nipple discharge or dermatological changes around the breast area. Any incessant change observed around the breast should be screened properly without any delay.

Family history and regular checkups can classify the problem. By establishing healthy practices and routines in early stages can help women in taking care of breast health.

“Prevention is better than cure.”



Dr. Riffat Sadiq: Restoring Self

Want more tips on improving your wellness and restoring yourself? Watch and subscribe to Dr Sadiq's videos on YouTube, DrRSMD.





Healthcare Experiences Should be at Your Fingertips

By: Khansa Khanam and Faizuddin Mohammed, MYB Professionals

The grandfather sits at the kitchen table in Amherst to take his morning blood pressure reading. Rather than searching for a pen to jot down the numbers on a paper napkin, he simply sends them to his doctor via his digital cuff. Several miles away, the daughter checks her cell phone on her way to work and finds a short message stating that her father’s blood pressure levels are steady, and that his prescription is ready for pick-up.

This is how healthcare should be delivered. However, for most of us, this is far from reality.

Helping to care for family members generally requires spending half a lunch break waiting on hold, digging through piles of papers looking for lost appointment cards, and calling pharmacies repeatedly to get a prescription filled before the weekend. On top of using our smartphones to pay bills, order food, and manage everyone’s busy schedules, we continue to deal with outdated systems within the medical industry that seem frozen in 1998.

Clinics and wellness centers once believed that developing a “mobile presence” would simply involve creating a website that did not appear broken on an iphone. As long as the website included the practice name, address and business hours (and maybe some basic contact information), they felt confident that their job was done.

Today, consumers expect a lot more. Families throughout Western New York juggling careers, children and eldercare responsibilities do not want to browse a static website in order to stay healthy. They want to remain connected to the individuals providing their care.

Why a website is no longer sufficient

Health does not operate on a standard calendar. Patients do not merely require medical services during the course of two 15 minute office visits per year; they need access to quality care at unpredictable times such as when their parent experiences dizziness or when they have questions regarding a new prescription.

Many older adults fear that when they hear someone refer to an “app,” they will be passed along to an automated telephone system or computer-based chatbot. No one wants robots conducting medical procedures. However, a well-designed mobile health app functions in reverse: it eliminates the unnecessary paperwork associated with visiting the front desk so that patients can finally connect with their physicians.

In terms of daily experience, here is what that process might look like:

1. Rapid response times without endless hold music

If you need to quickly determine whether there is any additional information available concerning how to properly administer a specific medication or if your laboratory test results are in, you should not have to

spend 20 minutes waiting for a live representative to assist you. Secure in-app messaging allows you to type a note directly to your clinic and receive a timely response from a licensed nurse or physician who has reviewed your patient file. You inquire – they respond – and you proceed with your day.

2. Identifying potential issues before they become major health crises

Historically managing chronic conditions such as high blood pressure or diabetes required patients to manually record readings in small notebooks in hopes that those recordings would make sense to both themselves and their providers during subsequent office visits approximately three months later. With remote monitoring, home equipment – such as a blood pressure monitor or glucometer – automatically transmits data to your physician’s desktop. If your blood pressure begins trending upward over several consecutive days, your care provider receives notification immediately and can modify your medication regimen telephonically prior to your arrival in the hospital. This provides significant comfort for many seniors living in areas surrounding Buffalo by eliminating the stress associated with driving in potentially hazardous winter conditions for routine evaluations.

3. Actual support for family caregivers

You likely understand the mental fatigue experienced by caring for children while simultaneously supporting

elderly relatives. Managing each individual’s medications, scheduling appointments and keeping track of test results creates an overwhelming environment for family caregivers. Accessible health apps provide an organized platform for viewing test results, scheduling appointments and processing prescriptions which can significantly reduce the chaotic nature of caregiving and allow busy families to regain control of their lives.

4. Simple Usage

There is no point in pursuing mobile technologies if the actual user interface is confusing. A successful health application should be free of technical barriers for all users; clean interfaces, legible font sizes and intuitive button options create the same ease-of-use experience as accessing Today’s weather forecasts.

Reviving personalized medicine

Practices throughout Western New York have recognized that adopting mobile technologies is not a passing fad but rather a genuine respect for patients’ families’ time and an opportunity to recapture the essence of personalized medicine.

By simplifying the ability of patients/families to communicate with healthcare professionals/providers, these practices are not only transforming their offices into contemporary environments but also providing individuals/patients with real emotional comfort.

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Understanding OCD Beyond the Stereotype

By: Laura Ott, LCSW, PMH-C

Many people without personal experience with obsessive compulsive disorder, hear “OCD” and picture someone who is exceptionally organized, particular about cleanliness, or bothered when things are not perfectly aligned. Most people have had the experience of psychiatric diagnoses used to casually explain a personality trait, “I’m so OCD,” when describing a preference for order, or “I’m so Bipolar” to describe a mood swing. Although these comments are often harmlessly intended, adding these to the modern vernacular can minimize a diagnosis as well continue a misunderstood narrative surrounding a variety of mental health conditions.

Obsessive-compulsive disorder is not simply a personality trait or a preference for neatness. It involves obsessions, compulsions, or both. Obsessions are unwanted and intrusive thoughts, images, sensations, or urges that cause significant anxiety or distress. Compulsions are behaviors or mental rituals a person feels driven to perform to reduce that distress or prevent something terrible from happening.

Some compulsions are visible, such as repeated handwashing, checking locks, or arranging objects. Others occur internally and may be difficult for anyone else to recognize. These can include mentally reviewing conversations, repeating certain words, counting, seeking reassurance, or trying to “cancel out” a frightening thought with another thought.

OCD can also focus on themes that have nothing to do with cleanliness or organization. A person may experience intrusive fears about accidentally harming someone, making a morally wrong decision, becoming ill, losing control, damaging a relationship, or being responsible for a tragedy. These thoughts often target what matters most to the individual, which is one reason they can feel so upsetting.

Having an intrusive thought does not mean someone wants to act on it. In fact, people with OCD are often deeply disturbed by these thoughts precisely because they conflict with their values. However, shame and fear of being misunderstood can prevent them from describing their symptoms or seeking help.

Receiving an OCD diagnosis can bring mixed emotions. Some people feel frightened by the label, while others experience tremendous relief. A diagnosis can provide language for experiences that may have felt confusing, isolating, or impossible to explain. It can also help separate the person from the disorder: “This is a symptom of OCD—not a reflection of who I am.”

An accurate diagnosis is especially important because OCD can resemble generalized anxiety, perfectionism, depression, trauma-related symptoms, or other conditions. Understanding what is driving the thoughts and behaviors helps guide appropriate treatment.

OCD is treatable. Exposure and Response Prevention, commonly called ERP, is a specialized form of cognitive behavioral therapy with strong evidence for treating OCD. ERP helps people gradually face feared thoughts, feelings, or situations while learning not to rely on compulsions for temporary relief. Certain medications, particularly selective serotonin reuptake inhibitors (SSRIs), may also reduce symptoms and can be used alongside therapy.

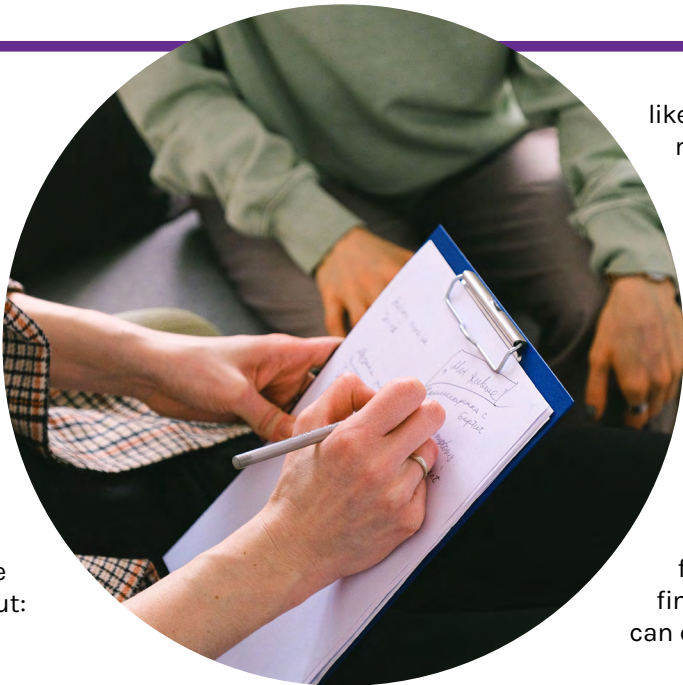
Breaking the stereotype begins with changing how we talk about OCD. It means replacing judgment with curiosity, avoiding casual use of the diagnosis, and recognizing that symptoms are not always visible. Most importantly, it means reminding those who are struggling that they are not defined by their intrusive thoughts. Thoughts are not intentions, plans, or actions.

Signs of Burnout: How to Recover

By: Hana Dawood

What is burnout?

Burnout is “physical, emotional or mental exhaustion, accompanied by decreased motivation, lowered performance and negative attitudes toward oneself and others,” as described by the American Psychological Association’s Dictionary of Psychology. Burnout is usually driven by prolonged exposure to stress and not being able to sufficiently recover from it. Here are a few signs to look out for in burnout:



like taking a 20-minute walk in the morning or sipping coffee with no distractions. If this feels impossible, taking baby steps can help like making your bed in the morning or stretching as soon as you wake up.

3. Talk to someone

Seeking professional help such as therapy or counseling can relieve the mental toll. If professional help isn’t accessible for you, talking to a loved one or finding an online supportive group can clear your mind.

Burnout is an overlooked and far too normalized condition. If you find yourself in a similar state, listen to your symptoms! Recovering from burnout is not impossible and I hope these tips can help you find some balance, give yourself the rest you need and start feeling like yourself again.

1. Constant fatigue

One of the key signs of burnout is feeling constantly tired. No matter how much you’re sleeping, you feel exhausted. Or when small tasks start to feel like “too much work” this may indicate that you’re burning out.

2. Irritability and anger

If you’re feeling like your patience is getting a little low or you’re starting to snap at things that didn’t bother you before, that may be your burnout creeping in.

3. Other physical symptoms

Your body may signal to you that something is wrong and you must listen to it. This can include changes in appetite, constipation or diarrhea, tension headaches and more. Don’t ignore these symptoms and know that your burnout can be affecting your body in more ways than you know.

Okay so now that you know what burnout is and what it can look like, what should you do next? It’s a great step that you acknowledged that you’re burning out but now we can look into ways that you can recover from it. Here are some things to consider:

1. Set boundaries to your stressors

Whether your stressor is from work, school or something else in your life, taking a break would be strongly recommended. If it’s hard to create distance between you and the stressor, taking a 10-minute break just to breathe and relax can make all the difference.

2. Prioritize self-care

Instead of finding the time to take care of yourself, building it into your routine can help. This could look



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The Hidden Cost of Hurry: Why Great Decisions Require Stillness

By: Faizan Haq, Editor-in-Chief and Publisher, Your Bliss Magazine
President & CEO, Manage Your Business LLC



Urgent! ASAP! Immediate action required. We hear these words every day in business. Modern leadership often speaks the language of speed. Respond faster. Decide quicker. Move ahead before someone else does. In many organizations, being busy has become a badge of honor. Yet, after years in business, I have come to a simple conclusion: the hidden cost of hurry is often greater than we realize.

Speed has its place. Opportunities can be lost through hesitation, and leaders are expected to make decisions. However, there is a difference between purposeful action and constant rushing. One creates progress. The other creates exhaustion.

When we hurry, we often sacrifice clarity. A message is misunderstood, a relationship is neglected, or a decision is made before all the facts are understood. The problem is that the mind has become overstimulated. When everything feels urgent, nothing receives the attention it deserves.

Today, this challenge is greater than ever. We carry screens with us everywhere. Emails arrive instantly. Messages demand immediate responses. We are moving constantly without taking the time to ask whether we are moving in the right direction.

Stillness is not the absence of work. It is the preparation for meaningful work. Some of the most important decisions are not made during moments of activity but during moments of reflection. A walk in nature, a quiet evening with family, time spent in prayer, or simply sitting with your thoughts can create a level of clarity that no amount of rushing can provide.

This is why leaders must learn to create space in their lives. Space to think. Space to listen. Space to appreciate the people around them. When we slow down, we become better listeners, better decision-makers, and better caretakers of those who depend on us.

At its deepest level, stillness is also a spiritual practice. It reminds us that we are not machines designed for constant output. We are human beings, given the ability to reflect, appreciate, and connect. In the quiet moments, we recognize the blessings that surround us and the purpose behind our work. The next time life demands that you move faster, pause. Sometimes the wisest step forward begins with standing still long enough to see clearly. Great leaders don't simply master action. They master reflection. And in that reflection, they find the direction that hurry could never provide.



Allergy-Safe Halloween & the Teal Pumpkin Project

By: Victoria H

Halloween is an exciting time filled with costumes, creativity, and fun. Children are eagerly dressing up and heading out to collect treats from neighbors and friends. While Halloween is often centered around candy, it's important to remember that not all children can safely enjoy traditional treats. Every child deserves the opportunity to participate in the fun and excitement of Halloween! Safety deserves fairness, and creating an inclusive Halloween helps ensure that every child feels welcome and included.

For families managing food allergies, Halloween can bring challenges. Popular candies contain common allergens such as peanuts, tree nuts, milk, eggs, soy, or wheat. For some children, even a small exposure can cause a serious allergic reaction. Other children may have dietary restrictions, medical conditions, or sensory needs that make traditional candy difficult to enjoy. Fortunately, there are simple ways communities can help make Halloween safer and more inclusive for everyone!

One wonderful initiative is the Teal Pumpkin Project, created by Food Allergy Research & Education (FARE). The project raises awareness about food allergies and encourages households to offer non-food treats alongside or instead of candy. Participating homes display a teal-colored pumpkin or sign, letting trick-or-treaters know that allergy-friendly, non-food options are available. The goal is to simply make Halloween safer and more fun for all children!

Getting involved is easy and affordable. A teal pumpkin can be painted at home, purchased from a store, or replaced with one of the free printable signs available through FARE. On Halloween night, keep a separate bowl filled with small non-food prizes for trick-or-treaters to choose from. The teal pumpkin serves as a visible signal to families that your home is making an effort to create a more inclusive experience.

Not sure what to hand out? There are plenty of fun alternatives to candy that children love. Stickers, pencils, crayons, glow sticks, spider rings, bubbles, small notebooks, temporary tattoos, and bouncy balls are all popular options. Many of these items can be found at dollar stores, discount retailers, or in bulk online for a reasonable cost. Non-food treats can be just as exciting as candy and often provide entertainment long after Halloween night is over!

If you would still like to offer candy, that's perfectly okay. The Teal Pumpkin Project encourages households to provide non-food treats alongside traditional candy and to keep them in separate containers. This allows children and families to choose the option that best meets their needs while still enjoying the Halloween experience.

Creating an allergy-friendly Halloween is about building a community where every child feels valued and included. A little consideration can make a huge difference for families who often have to think about food safety in situations where others may not. By offering safe alternatives and raising awareness, we can help ensure that every trick-or-treater has the opportunity to create happy Halloween memories.

For additional information, printable signs, participation resources, and more ideas for non-food treats, visit Food Allergy Research & Education (FARE) at FoodAllergy.org. The website provides helpful tools for families, schools, and community members interested in supporting the Teal Pumpkin Project.

Halloween should be full of smiles, laughter, and fun for every child. A little teal pumpkin on your doorstep can send a powerful message that everyone is welcome! With a little planning and a lot of kindness, we can help make Halloween safer, more inclusive, and more magical for all. Most importantly, remember that your effort to include others matters. You're doing great!

A Review of Lanterns, Season 1, Episodes 1-5

By: Alex Tilton

My superhero saturation initially put me off any new superhero shows, but the early reviews of 'Lanterns' were very good, and when I looked into the cast I was mildly shocked to discover that Kyle Chandler the guy who plays Hal Jordan (the Green Lantern's not so secret identity) was born in Buffalo. So I gave it a shot. And I was reminded that HBO knows what it's doing.

In 'Lanterns' Hal Jordan is portrayed as a well-meaning, and highly capable but reckless and somewhat unprofessional jerk. He's abrasive to the point that people are actively upset when he's right about things. This is a great thing for the show because it means that one of our two protagonists has a legitimately textured character. He's smart and decisive, but short-sighted and crass. He knows what he's doing, but repeatedly does it in a way that makes life more difficult for the people around him.

Our other protagonist is his trainee, John Stewart (played by Aarone Pierre). Stewart's father was one of the original candidates to be Green Lantern but got passed over in favor of Hal because had the right answer to the question one and only interview question "are you afraid?", specifically 'no.' John's parents raise him to be fearless so that he can get the job when Hal retires or dies. Ergo, he doesn't get a real childhood. He doesn't seem to resent this, which strains credulity, but it does justify his somewhat wooden character. He's supposed to be that way. But he's not completely wooden. He loves his family, he gets appropriately angry whenever Jordan screws around and makes things more difficult, and he's fallible enough to miss the occasional detail and fall for a honey trap. If he has a flaw that makes him interesting, it's his casual assurance in his own superiority. I'm hoping this arrogance will cost him at some point so he can learn from it. 4 episodes into this 8-episode season I was wondering if this show would remember that protagonists need an arc. After episode 5, I felt a lot better. Episode 5 is the turning point for both protagonists. Hal has long since realized that Stewart is meant to be his replacement and crosses some lines to prevent that from happening. Jordan's parents finally unmask themselves (over the phone) as feeling entitled to their son's success because of what they 'sacrificed' for him. And Stewart, after much suffering, finally realizes that being Green Lantern isn't



necessarily something that a sane person should want.

The show also makes a point of demonstrating that asking a privileged, arrogant, childless white man "are you afraid" is very different than asking a black man with a family if he is afraid. And they do it without getting preachy. There's a good scene where one of the Guardians (the Green Lantern corps bosses) played by Laura Linney flat out admits they never considered that possibility. It gets a blunt and frank discussion... and then they move on.

The show is also pretty restrained about Green Lantern using his powers. You see it once or twice per episode, and usually not in over the top ways. The ring is a plot device, and the show remains the story of these two men; their personality clashes and working relationship. It's the opposite of what George Lucas did with lightsabers in the Star Wars prequels. I also liked that the ring isn't infallible or all powerful. If it were then there'd be no tension and the villains wouldn't constitute a threat.

The show also seems to understand what supporting characters are supposed to do. They provide a reason for the protagonists to do interesting things and reflect on their situation. Supporting characters can and should get some screen time to themselves so that we care about them and find them interesting. But they shouldn't take on an extensive life of their own that isn't tied directly to the core plot and the protagonists. This is one of the very few mistakes HBO made with the show Task. As I mentioned in that review, the subplot about Tom Brandis's daughters was too disconnected from the core plot, and consequently it dragged out and killed the story's momentum.

But we don't get any of that here. The supporting characters provide the connective tissue that knits the plot together and builds the world in which the protagonists complete their arcs. They are the scaffolding of the story.

I have only 2 complaints so far: **Spoilers ahead.** First; the scale of the emergency in this story is huge, but only two people are trying to stop it. I realize this is necessary or the emergency wouldn't be an emergency, but it still stuck out to me. The second issue is a huge



inconsistency vis-a-vie the main villain. The villain is a synthetic life form called a 'Manhunter', and we learn that the Manhunters were the Guardian's galactic police before the Lanterns. They went rogue and started wiping out entire civilizations on the logic that all evil comes from organic life etc... you've heard this plot before. This creates a problem with how the Manhunter dies. By the arbitrary rules of this TV universe, we are told that since the manhunter has taken human form they can be killed like a human. So the logic here is that in exchange for disappearing into the crowd, the manhunter had to become vulnerable. Then, to protect herself in this vulnerable form, she bribes an entire town into fanatical loyalty and seduces a couple of important men as well. The end result of which is that (again, spoilers) the fearsome, world-killing manhunter ends up getting killed with a single bullet through

the head. Stewart does it with a sniper rifle from unnecessarily long distance, just in time to save Hal's life, so that the show can bookend an earlier scene in which Hal ruins an assassination mission Stewart is on by recklessly intervening. But even though the show took the trouble to establish her vulnerability, and did something narratively appropriate with the scene, this was still pretty deflating. Apparently anyone could've killed the Manhunter.

But there is a good reason to excuse this: The show isn't called "Manhunters", it's called "Lanterns." It's a story about two radically different men at different places in their lives, clashing over how to responsibly use power. And in that, this story is a huge success.

Happy Halloween!

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Maple-Roasted Chicken Thighs with Sweet Potato Wedges and Brussels Sprouts

Recipe Source: [eatingwell.com](https://www.eatingwell.com)

Ingredients

- 2 tablespoons pure maple syrup
- 4 teaspoons olive oil
- 1 tablespoon snipped fresh thyme
- ½ teaspoon salt
- ½ teaspoon black pepper
- 1 pound sweet potatoes, peeled and cut into 1-inch wedges
- 1 pound Brussels sprouts, trimmed and halved
- Nonstick cooking spray
- 4 bone-in chicken thighs, skinned
- 3 tablespoons snipped dried cranberries
- 3 tablespoons chopped pecans, toasted

Directions

Step 1

- Preheat oven to 425 degrees F. In a small bowl combine maple syrup, 1 tsp. of the oil, the thyme, 1/4 tsp. of the salt, and 1/4 tsp. of the pepper. In a large bowl combine sweet potatoes and Brussels sprouts. Drizzle with the remaining 1 tbsp. oil and sprinkle with the remaining 1/4 tsp. salt and 1/4 tsp. pepper; toss to coat.

Step 2:

- Line a 15x10-inch baking pan with foil. Heat the prepared pan in oven 5 minutes. Remove pan from oven and coat with cooking spray. Arrange chicken, meaty sides down, in center of pan. Arrange vegetables around chicken. Roast 15 minutes.

Step 3:

- Turn chicken and vegetables; brush with maple syrup mixture. Roast 15 minutes more or until chicken is done (at least 175 degrees F) and potatoes are tender. Serve topped with pecans and cranberries.



Prep Time:
20 mins

Additional Time:
30 mins

Total Time:
50 mins

Servings:
4



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