



# Roasted Squash and Chicken Thighs

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Recipe Source: Adapted from [www.rachaelrayshow.com](http://www.rachaelrayshow.com)

Serves 8

## Ingredients:

Extra virgin olive oil (EVOO)

Salt and Pepper

Nutmeg

2 acorn squash

8 bone-in chicken thighs

½ cup grainy Dijon mustard

½ cup pure maple syrup

Garlic, 4 cloves minced or through a press

3 to 4 sprigs rosemary, leaves stripped and chopped

## Steps:

- Heat oven to 400° F.
- Halve squash and remove seeds. Slice into ½ inch thick half moons. Pile squash on a rimmed, nonstick baking sheet (lined with foil for easier clean up) and drizzle with about 2 TBSP EVOO. Season it with salt, pepper, and nutmeg. Toss squash to coat and arrange in an even layer.
- In a large mixing bowl, combine mustard and syrup. Add the garlic and rosemary.
- Season the chicken with salt and pepper; add to bowl and toss to coat evenly. Arrange the chicken over the squash in an even layer, roast to an internal temperature of 165°F and deeply golden and glazed, about 35-40 minutes.

*Tips from the Test Kitchen: The original recipes calls for chicken thighs with the skin on, but you can remove the skin and it turns out beautifully, with less fat. You could also use a Dijon that is not grainy. Serve with homemade stuffing balls.*

**Nutritional Facts:** per serving Calories: 351, Carbohydrates: 31 grams, Protein: 31 grams, Total Fat: 10 grams, Saturated Fat: 2 grams, Cholesterol: 140 mg, Sodium: 509 mg, Fiber: 3 grams, Total Sugars: 12 grams.