



Autumn Roasted Chicken and Butternut Squash Skillet Dinner

4 each chicken thighs (bone in)
1 tbsp butter
1 1/2 cups butternut squash (peeled and cubed)
1 1/2 cups brussels sprouts (cut in half)
1/2 cup fresh cranberries salt & pepper to taste
1 tbsp olive oil

Dijon Sauce

1/2 cup chicken broth
2 tbsp Dijon mustard
1 tsp fresh garlic (chopped)
1 tbsp maple syrup
1 tbsp fresh rosemary (chopped)

Directions:

Preheat oven to 400 degrees.

Make the sauce:

Whisk all the sauce ingredients together in a small bowl and set aside.

Meanwhile toss the vegetables in olive oil in a bowl with a pinch of salt and set aside.

Season the chicken thighs with salt and pepper on both sides. Heat a skillet and add the butter, brown the chicken on both sides for 3 to 4 minutes per side. After the chicken is browned add the vegetables, cranberries and then pour the sauce over the chicken. Sprinkle the rosemary over the top of the chicken. Place the skillet with the chicken in the preheated oven and bake for approximately 30 minutes or until it is cooked through.