

RECIPE

Roast Chicken with Butternut Squash and Apples

PREP: 30 minutes **COOK:** 2+ hours

TOTAL: 2 ½ + hours **SERVES:** 4-6

INGREDIENTS

- 1 whole chicken (3-4 lbs), fresh or thawed
- 1 medium butternut squash, peeled, seeded, and cut into 1" chunks
- 2 medium apples, peeled cored, and cut into 1" chunks
- 2 medium onions, peeled and cut into 1" chunks
- 2 Tbs vegetable oil
- 1 Tbs cumin (optional)
- 1 Tbs cinnamon (optional)
- salt and pepper to taste

METHOD

1. Preheat oven to 350°.
2. Toss together squash, apples, onion, oil, cinnamon, cumin, salt and pepper in large bowl or baking dish. Spread vegetable mixture in an even layer across the bottom of 13"x9" dish.
3. Season chicken inside and out with salt and pepper. Place on top of vegetable mixture, breast side up.
4. Roast until vegetables and chicken are golden brown and tender and the thickest part of the chicken registers 165° on a meat thermometer.
5. Remove pan from oven. Using tongs or a large fork, pull the chicken meat from the bones. Gently toss shredded chicken with vegetables and adjust seasoning as needed. Serve directly from the pan.

NOTES

- Changing the seasonings can make a big difference! Try red pepper flakes, garlic powder or dried herbs.
- You can also use different vegetables, such as potatoes or carrots.