

Day 127 - Roasted Chicken and Squash Panzanella – 30 minutes, serves 4

Ingredients:

- ½ large butternut squash (2 lbs. neck only) peeled and cut into ½ in. pieces
- 5 large sage leaves, thinly sliced
- 3 Tbsp plus 1 tsp olive oil
- 2 thick slices day-old rustic bread
- 8 small chicken thighs (about 2 lbs.) trimmed
- ½ cup hard apple cider
- 2 Tbsp apple cider vinegar
- 1 tsp whole-grain mustard
- 1 shallot, thinly sliced
- ¼ cup dried cranberries
- 2 cups baby arugula

1. Heat oven to 425 degrees and place a large roasting pan on the middle rack. In a large bowl, toss butternut squash with sage, 1 Tbsp oil, and ½ tsp each salt and pepper. Transfer to the hot pan and roast until squash is nearly tender, 15 to 20 minutes. Lay slices of bread on the top rack and roast until toasted.
2. Meanwhile, rub chicken with 1 tsp oil and season both sides with ½ tsp each salt and pepper. Heat a large skillet over medium heat, then add chicken, skin side down, and cook until golden brown and crisp, 7 to 9 minutes, Turn and cook 4 minutes, then remove from the pan. Drain excess fat, then add cider to the pan and cook, stirring, scraping up any brown bits. Remove from heat.
3. Flip butternut squash pieces, then nestle chicken skin side up, in the roasting pan (reserve all juices in the pan). Tear bread into 1-in pieces and toss with 1 tbsp oil, then scatter over chicken and squash. Roast until squash is tender and chicken is cooked through, 5 to 7 minutes more.
4. Meanwhile, in a large bowl whisk together vinegar, mustard, and remaining Tbsp oil. Then add shallot and cranberries and toss to coat.
5. Transfer chicken to plates and butternut squash, croutons, and any juices to the bowl of dressing along with arugula, then toss to combine. Serve with chicken and reserved cider pan drippings.
6. Nutrition per serving – 623 Cal, 44 G pro, 51 G Carb, 30.5 G fat (7 G sat fat) 6 G fiber, 645 MG Sod.