



WINTER SQUASH & CHICKEN TZIMMES

Final Lifestyle

Ingredients

9 cups cubed peeled butternut squash, (1-inch cubes)	1 TSP salt, divided
1 cup small pitted prunes	1/2 TSP freshly ground pepper
3 cloves garlic, minced	8 skinless, bone-in chicken thighs, trimmed
2 medium shallots, thinly sliced and separated into rings	1 cup reduced-sodium chicken or vegetable broth
1 TSP ground cinnamon	1 TSP freshly grated orange zest
1 TSP dried, oregano	1/4 cup orange juice
1 TSP dried thyme	

Instructions

1. Preheat oven to 350°.
2. Place squash, prunes, garlic, shallots, cinnamon, oregano, thyme, 1/2 teaspoon salt and pepper in a large bowl and mix well. Transfer to a 9-by-13-inch baking dish. Sprinkle chicken with the remaining 1/2 teaspoon salt and place on top of the vegetables. Mix broth, orange zest and juice in a small bowl and pour over the chicken. Cover the baking dish with foil.
3. Bake for 40 minutes. Uncover and continue baking until the vegetables are tender and the chicken is cooked through, basting often, about 1 hour more.

Portion-Per-Serving Information (Yields 8 servings)

Serving = 1 chicken thigh + 1/2 cup cooked butternut squash = 1 P, 1 V