



Chicken & Squash with Brown Sugar

Serving for 2 in under an hour

Ingredients:

3 tbsp Extra Virgin Olive Oil (divided)

1tbsp Balsamic Glaze

1/2 tsp Dijon Mustard

1tsp Maple Syrup

12 Ozs Chicken Breast (bone-in, skin-on)

Sea Salt & Black Pepper (to taste)

1 Delicata Squash (small, cut in half lengthwise, seeds removed, cut into wedges)

1 tbsp Butter

1/4 cup Fresh Sage

Directions:

1. Preheat the oven to 425 degrees. Line two baking sheets with parchment paper. Place an oven safe rack over top of one.
2. In a small bowl, combine half the oil, balsamic glaze, mustard, and maple syrup.
3. Place the chicken in a bowl and season with salt and pepper. Pour about half of the balsamic mixture over the chicken and coat well. Place the chicken on the baking sheet with the rack.

4. Add the squash to the second baking sheet. Coat with the remaining oil and season with salt and pepper. Transfer the chicken to the oven and Bake for 35 to 40 minutes or until cooked through.

5. Halfway through baking, remove the chicken and brush the remaining balsamic mixture over top and return to the oven. Add the squash to the oven at this point too.

6. In a small saucepan, melt the butter and add the sage. Stir often until the butter has browned and smells nutty, about three to four minutes.

7. Divide the chicken and squash onto plates and drizzle the sage butter over the squash. Enjoy!