

CHICKEN WITH SQUASH AND APPLES

6 Servings

INGREDIENTS

2lbs chicken thighs

Salt and pepper to taste

1lbs apples, peeled, cored and cut in quarters

1 small acorn squash, washed well on the outside, seeded and cut into 8 wedges

1/2 cup apple juice or apple cider

3 Tbsp brown sugar

1/2 tsp cinnamon

3/4 tsp nutmeg

DIRECTIONS

Step 1

Pre-heat oven to 350 degrees F.

Step 2

Arrange the chicken thighs, without overlapping in one half of a 9 x 13-inch baking dish and season with salt and pepper.

Step 3

Arrange the apples and squash in the other half of the pan.

Step 4

In a small bowl, combine apple juice, brown sugar, cinnamon, nutmeg, and salt and pepper. Pour over chicken, apples, and squash

SHOPPING LIST

Chicken thighs

Apples

Acorn squash

Apple juice

Brown sugar

Cinnamon

Nutmeg

Step 5

Cover the pan tightly with a lid or aluminum foil and bake for 1 hour and 15 minutes. Remove foil and baste with pan juices.

Step 6

Bake uncovered for 15 minutes and serve immediately.

From the book: (1999). *Many Hands: Community Kitchens share their Best*. Vancouver, BC: Community Kitchens Publishing.