

# MUSTARD-ROASTED CHICKEN WITH SQUASH & CARROTS

This one-pot dinner is the definition of comfort food: easy, simple, and full of flavor! Au jus is a traditional French technique which refers to the flavors released by meats and vegetables while cooking. This forms a quick and delicious pan sauce that gets served with the finished dish. It's a simple trick to maximize flavor and impress your family with your French cuisine skills!



## Ingredients

- 2 packages chicken quarters (about 2 lbs)
- 1 large onion
- 4 carrots
- 2 acorn squash
- 1 lemon
- 1/3 cup mustard
- 2 Tablespoons granulated garlic

From your pantry:

- Olive oil
- Salt and pepper
- 2 teaspoons dried herb (optional)

### Equipment:

- Large Dutch oven or pot with lid

**PREPARATION: 10 MIN**

**COOKING: 60 MIN**

**READY IN: 70 MIN**

**MAKES 6 SERVINGS**

## Directions

*Read through entire recipe before getting started.*

*Wash and dry all produce. Preheat oven to 375 degrees.*

1. Remove peel from **onion**, cut in half, and then thinly slice into half moons. Remove ends from **carrots**, cut into half and then half again to form quarters. Cut **acorn squash** in half, scoop out seeds, and then slice each half into 1/2 inch moons. Cut **lemon** into 1/4 inch slices. Remove chicken from package and pat dry.
2. In a large Dutch oven or pot, heat 2 Tablespoons olive oil. Season **chicken** with salt and pepper. Add 2 chicken quarters, skin-side down and sear over high heat undisturbed until skin is golden brown and crispy, 3-4 minutes. Flip and repeat on other side for 3-4 more minutes. Transfer to a plate and repeat with remaining chicken.
3. Add **onion** to pot and cook, stirring occasionally, until tender and beginning to brown. Add **mustard** and cook, stirring, until its oils begin to separate, 2-3 minutes. Add **granulated garlic, dried herbs**, and 1 cup water to deglaze the pan and cook, scraping up any brown bits from the bottom.
4. Add **carrots, acorn squash, and lemon** to the pot and stir to coat with sauce. Return chicken to pot, nestling it in with the vegetables.
5. Cover and transfer to oven. Bake for 40-45 minutes, basting every 10 minutes until chicken is fully cooked and vegetables are tender. Remove from oven, divide chicken and vegetables between plates and drizzle with mustard jus from pan. Enjoy!

# Tips, Tricks, and Terms

## BONE-IN, SKIN-ON

Preparing different cuts of meat like chicken quarters and turkey legs may feel unfamiliar at first. With a little practice you can use these cuts to their full potential and save money along the way!

Searing chicken quarters with the skin on helps lock in moisture for a juicy, flavorful cooked piece of meat. Remove the skin before eating to cut ~70 calories and ~4 grams of saturated fat per serving. Each chicken quarter includes both the thigh and the legs, which means two servings in one! Cook them together for ease, then separate for serving.



## A little about...

**BASTING:** the act of moistening food while cooking, especially with stock or pan juices.


**JUS:** a thin gravy or sauce, often made from meats.

**DEGLAZE:** reducing the bits of sautéed or roasted meat and vegetable from a pan by adding liquid, such as wine, stock, or water.



East Side Table is comprised of 13 community organizations working together to empower individuals to improve food skills and confidence in the kitchen, which in turn improves the overall health and well-being of our neighbors on the East Side of Saint Paul.

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