

GARLIC-LEMON CHICKEN WITH FALL SUCCOTASH

Succotash is a southern dish usually made of corn, lima beans, and tomato or bell pepper. Here we switch it up to bring some of our favorite fall vegetables into the mix! The dish is delicious served with brown rice or another whole grain as well. Use our lemon butter technique to zest up any of your favorite dishes (pasta, roasted veg, chicken etc.)!



Ingredients

- 1 carrot
- 1 lb brussels sprouts
- 1 bell pepper
- 1/2 pint cherry tomatoes
- 1 onion
- 1 can sweet corn
- 1 lemon
- 2 packages chicken quarters (about 2 lbs)

From your pantry

- 4 garlic cloves, divide
- 1 tsp sugar
- 2 tbsp butter
- olive oil
- salt & pepper

Equipment:

- Large pan
- Baking sheet
- Baking dish

PREPARATION: 20 MIN

COOKING: 50 MIN

READY IN: 70 MIN

MAKES 6 SERVINGS

Directions

Read through entire recipe before getting started.

Wash and dry all produce. Preheat oven to 425 degrees.

1. Peel **carrots**, cut in half lengthwise then dice. Mince or grate **garlic**. Small dice **onion**. Cut **Brussels sprouts** in half. Remove core and seeds from **bell pepper** and dice. Cut **cherry tomatoes** in half. Zest **lemon** and juice half; save the other half.
2. Drizzle **Brussels sprouts** with **olive oil**, salt, and pepper. Toss to coat. Spread on baking sheet and roast for 20 minutes.
3. Prepare the garlic lemon butter: Melt **1 tbsp butter** in a small bowl. Add **half the garlic, juice of half a lemon, 1 tsp lemon zest** and a pinch of pepper.
4. Prepare the chicken: season **chicken quarters** with salt and pepper. Heat 2 tbsp **olive oil** in a large pan over medium-high heat. Add chicken skin side down and sear 3-4 min per side until golden brown. Do not clean pan. Transfer to a baking dish, pour lemon-butter on top, and bake for 25-30 min until fully cooked.
5. Add **onions** to previously used chicken pan. Cook for 3-4 min, stirring to pick up all the brown bits and flavor from the pan. Add the remaining **garlic and carrots** and stir. Add 1/4 cup **water** and butter, bring to a simmer and mix. Add **corn, bell pepper, tomatoes, sugar** and a pinch of salt and pepper. Sauté 4-5 min until beginning to brown. Add roasted brussels sprouts and toss to incorporate.
6. Divide chicken and fall succotash between plates. Enjoy!

Tips, Tricks, and Terms

SUCCOTASH SZN

Succotash consists primarily of sweet corn kernels with lima beans or other shelled beans. The term *succotash* comes from a Narragansett word *sohquittahash*, which means "broken corn kernels." There are many different versions of succotash, some made with tomatoes, okra, bacon, corned beef, potatoes, turnips, or sweet peppers.

Since succotash is made with relatively inexpensive ingredients, it became particularly popular during The Great Depression, and was sometimes cooked in casserole form with a pastry crust like a pot pie! Southern-style succotash is typically prepared with tomatoes, okra, and topped with butter.

A little about...

LEMON ZEST: zest is the colored part of a citrus peel and packed full of natural oils that are even more flavorful than the juice! Use a microplane or vegetable peeler to remove the brightly colored layer from the peel, trying to miss as much of the white fuzzy layer as possible. Use in marinades, baked goods, or dishes like this Lemon Butter Chicken!

SEAR: cooking technique where the surface of a food is cooked at a high temperature until a browned crust forms

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