

CREAMY HONEY DIJON CHICKEN THIGHS WITH WINTER VEGETABLES:

8 CHICKEN THIGHS

1 CUP HEAVY CREAM

1/2 CUP DIJON MUSTARD

SALT AND PEPPER

OLIVE OIL

1 LB ACORN SQUASH

20 BRUSSEL SPROUTS HALVED

CUT BRUSSEL SPROUTS IN HALF, AND CUBE ACORN SQUASH. TOSS WITH OLIVE OIL SALT AND PEPPER. ROAST IN THE OVEN FOR 20 MINUTES OR UNTIL TENDER. WHILE VEGETABLES ARE ROASTING HEAT A SKILLET WITH SOME OLIVE OIL. WHEN OIL IS HOT ADD CHICKEN THIGHS TO PAN. YOU MAY NEED TO DO IT BATCHES DEPENDING ON YOUR PAN SIZE. SEAR CHICKEN ON BOTH SIDES. PLACE IN A DEEP PAN. ADD HEAVY CREAM AND DIJON. SIMMER UNTIL CHICKEN IS DONE. SERVE ON ROASTED VEGETABLES.

