

VitaMin



Vital health information in a minute

Photo: Jennifer Causey

MUSTARD-GLAZED CHICKEN WITH ROASTED VEGETABLES

Yield: Serves 4

Total time: 55 minutes

Ingredients

- › 6 cups cubed peeled butternut squash (about 3 pounds)
- › 3 medium carrots, peeled and cut into ½-inch pieces (about 1 cup)
- › 2 parsnips, peeled and cut into ½-inch pieces (about 2 ½ cups)
- › 2 small red onions, cut into 1-inch wedges
- › 1 medium sweet potato, peeled and cut into ½ -inch pieces (about 2 cups)
- › ¼ cup extra-virgin olive oil, divided
- › 1 tablespoon minced fresh rosemary
- › ¾ teaspoon kosher salt, divided
- › ¾ teaspoon pepper, divided
- › 4 (6-ounce) skinless, boneless chicken breast halves
- › ½ cup unsalted chicken stock
- › ¼ cup dry white wine
- › 2 tablespoons whole-grain mustard
- › 2 teaspoons honey

How to make it

1. Place 2 baking sheets in oven. Preheat oven to 425° (leave pans in oven).
2. Combine first 5 ingredients in a large bowl. Add 3 tablespoons oil, rosemary, ½ teaspoon kosher salt, and ½ teaspoon pepper; toss. Arrange vegetable mixture on preheated baking sheets. Bake at 425° for 30 minutes, stirring after 15 minutes. Cool slightly; reserve 6 cups vegetable mixture.
3. Heat remaining 1 tablespoon oil in a large skillet over medium-high heat. Sprinkle chicken with remaining ¼ teaspoon salt and ¼ teaspoon pepper; cook 5 minutes on each side or until done. Remove chicken from pan. Add stock and wine to pan; cook 2 minutes. Stir in mustard and honey. Add chicken, turning to coat. Serve with remaining 2 cups vegetable mixture.

Nutritional information

Amount per serving

- › Calories: 342
- › Fat: 10.5 g
- › Saturated fat: 1.8 g
- › Monounsaturated fat: 5.7 g
- › Polyunsaturated fat: 1.4 g
- › Protein: 38 g
- › Carbohydrate: 20 g
- › Fiber: 3 g
- › Cholesterol: 109 mg
- › Iron: 1 mg
- › Sodium: 596 mg
- › Calcium: 57 mg

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