

THE

CrossFit

KITCHEN



### LEMON-PEPPER CHICKEN WITH BUTTERNUT SQUASH

By Nick Massie

#### Overview

Nick Massie of PaleoNick.com brings us a zesty recipe for finger-lickin'-good lemon-pepper chicken with butternut squash. The end result is a dish that looks as good as it tastes and will satisfy the heartiest of appetites.

#### Ingredients

- 1 plate of chicken (4 legs; 4 thighs; 4 boneless, skinless breasts)
- 4 c. chicken stock
- 8 c. mushrooms, quartered
- 4 c. onions, julienned
- 4 c. roasted bell peppers, julienned
- ½ bunch Italian parsley, leaves pulled from stems and roughly chopped
- ½ c. Lemon Pepper Love spice blend, plus some for seasoning to taste
- 1 tbsp. olive oil
- 2 oz. grass-fed butter
- 8 cloves garlic, sliced
- 3 large butternut squashes

#### Directions

1. Preheat oven to 400 F.
2. Place butternut squash on a foil-lined sheet pan.
3. Add chicken and Lemon Pepper Love to a large mixing bowl and toss until coated evenly.
4. Transfer chicken to a foil-lined sheet pan, placing breasts in the middle and legs and thighs at the perimeter.
5. Put both sheet pans in the oven. Cook the squash until it is soft. Cook the chicken until the breasts reach 165 F and the legs and thighs reach 185 F.
6. While chicken and squash are cooking, start the vegetable and jus topping by heating a cast-iron skillet over medium-high heat.
7. Add olive oil and garlic and stir until garlic is toasted. Add onions and a pinch of Lemon Pepper Love. Place the lid on the pan and cook for 2-3 minutes.
8. Add mushrooms and a splash of chicken stock, stir, place the lid on the pan and continue cooking for 3 minutes.



9. Remove the lid, season with another pinch of Lemon Pepper Love and stir.
10. Add the roasted bell peppers and chicken stock and bring to a simmer.
11. Reduce heat, add butter and stir constantly, melting butter slowly. The vegetables and jus are done at this point.
12. Once the squash is done, peel and seed, then cut into chunks the size of half an apple.
13. Slice the chicken breasts to your desired thickness.
14. To serve family style, place the squash onto a platter, place the chicken over the squash, top the chicken with the vegetables and jus, and garnish with parsley.
15. This can be portioned individually and lasts for up to 1 week in the fridge or 6 months in the freezer.
16. Enjoy!