
Tandoori Spiced Chicken Thighs

Total time: 1 hr 40 min Yield: 4

Ingredients

8 chicken thighs (bone-in, skin-on)
1/4 cup tandoori spice blend*
1 butternut squash (medium)
1 red onion (sliced thin)
1 red pepper (cut into 1" cubes)
1 Tbsp olive oil
1/4 tsp salt
1/4 tsp pepper
non-stick cooking spray

Prep Time: 1 hr Cooking Time: 40 min Total Time: 1 hr 40 min

Instructions

Rinse chicken thighs and pat dry with paper towel. Add tandoori spice blend to each side of chicken thighs. Place seasoned chicken into a gallon size zip top bag or tray and allow to marinate for 1 hour in the refrigerator.

Preheat oven to 475°F.

Peel and seed the butternut squash and cut it into 1" cubes. In a large bowl, add the butternut squash, red onion, red pepper, olive oil, salt and pepper and mix well.

For easy clean up, line a baking sheet with foil and coat it with non-stick cooking spray. Place the seasoned squash mixture onto the baking sheet. Then remove the marinated chicken from the refrigerator and place it on top of the squash.

Cook for 35 to 40 minutes until the chicken is golden brown and crispy. Serve with your favorite vegetables.

* To make your own tandoori spice blend, combine equal parts of ground ginger, ground cumin, ground coriander, paprika, turmeric, salt and cayenne pepper.

Recipe brought to you by:

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