

Recipe: Cuban Chicken and Vegetables

PREPARATION TIME

40
minutes



Cuban Chicken and Vegetables

INGREDIENTS

- 8 small chicken drumsticks (about 1 1/4 lb)
- 2 small bell peppers, cut into 3/4-in. wedges
- 2 cup(s) butternut squash chunks
- 3/4 cup(s) orange juice
- 1/2 cup(s) chopped cilantro
- 1 tablespoon(s) olive oil
- 2 teaspoon(s) ground cumin and minced garlic
- 1 teaspoon(s) dried oregano
- 1/2 teaspoon(s) salt

INSTRUCTIONS

Position racks to divide oven in thirds. Heat oven to 500°F. You'll need 2 rimmed baking pans lined with nonstick foil. Place half of the chicken, peppers and squash on each of the 2 pans. Whisk remaining ingredients in a bowl. Pour all but 1/4 cup over chicken and vegetables. Toss to coat. Reserve remaining cilantro mixture for serving. Place pans in oven and roast 15 minutes. Remove pans and toss vegetables and chicken. Return to oven and roast 15 minutes or until chicken is cooked through and vegetables are tender. Drizzle servings with reserved cilantro mixture.

COOKING TIME

10
minutes

SERVINGS

4
people

NUTRITIONAL INFORMATION (per serving)



- 12 g of total fat
- 21 g of total protein
- 3 g of dietary fiber
- 16 g of total carbs

Key words

chicken drumsticks, bell peppers, squash, orange juice, cumin,

Delicious recipe and easy to make, give it a try and enjoy different recipes combining seasonal and fresh vegetables from the farmer's market.

