

Chicken and Rice Bake

Ingredients

- 6 Chicken Thighs
- 1 T Olive Oil
- 1 Onion (finely diced)
- 4 c Butternut Squash (1/2 inch cubes)
- 6 Thyme Sprigs
- 1 1/2 c Arborio Rice
- 1/4 c White Wine
- 3 1/2 c Chicken Broth
- 1/2 c Parmesan Cheese
- 1/2 t Salt (plus more to season)
- 1/4 t Ground Black Pepper (plus more to season)

Instructions

- 1.Preheat oven to 375 degrees.
- 2.In a large deep pot, heat 1 olive oil on high heat. Season both sides of the chicken generously with salt and pepper.
- 3.Cook the chicken on high heat until golden brown, about 5 minutes per side. Transfer the chicken to a plate.
- 4.Reduce heat to medium. Add the onion and squash, season with salt and pepper. Cook the onion and squash until lightly browned, about 6-8 minutes.
- 5.Add the rice, saute for 2-3 minutes or until opaque. Add the wine and cook, stirring, until completely evaporated.
- 6.Return chicken to the pot along with any juices that have accumulated and the thyme sprigs. Add the broth, 1/2 teaspoon of salt and 1/4 teaspoon of

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pepper. Bring to a boil and cover the pot with a lid.

7. Transfer the pot to the oven and bake for 35 minutes. Remove from oven and let sit, covered for 10 minutes. Stir in the parmesan cheese before serving.