Chicken with root vegetables and Mango Lemon Sauce

Ingredients

2 lb chicken breast

2 T dijon mustard

¼ C lemon juice

1 large butternut squash, small dice

2 sweet potatoes, small dice

1 large yellow onion, small dice

3 honeycrisp apples, small dice

½ T dried sage

½ T dried parsley

½ T dried thyme

Mango-Lemon Sauce

1 can mangoes

½ C lemon juice

Enough stevia to sweeten sauce to balance out the lemon juice

Enough cornstarch to thicken sauce

S+P TT

1. Marinate chicken breast with the dijon mustard and lemon juice for at least 1-2 hours
2. Preheat broiler to high and toss together the butternut squash, sweet potatoes, onion, apples and dried herbs with enough oil to coat well.
3. Lay out vegetables evenly on a sheet tray and broil for 20-30 minutes, or until squash is starting to brown and sweet potatoes are softened.
4. While vegetables are cooking, make the mango-lemon sauce by combining all of the ingredients in a pan set to medium-medium high and cook until sauce thickens, checking seasoning and sweetness. Once sauce begins to thicken, remove from heat and set aside.
5. Remove from oven, set aside and broil chicken until internal temperature reaches 160F. Remove, let rest 5 minutes and cut into bite-sized pieces
6. Toss together all ingredients in a large bowl, portion out and serve.