

## **Maple Dijon Chicken**

- 1 whole chicken, cut into 8
- 2 onions, halved, then sliced

## **Maple Dijon Sauce**

- 1/2 c Dijon mustard
- 1/4 c maple syrup
- 2 T unseasoned rice vinegar
- 1/2 t kosher salt
- 1/4 t freshly ground black pepper

Preheat the oven to 350F.

Mix the sauce ingredients in a 9x13-inch baking dish, then coat the chicken and onions very thoroughly in the sauce. Cook covered for about 60 minutes, then baste and cook uncovered for another 30 or so, until the juices run clear.

Serves 4-6. Freezes well.

## **Arugula Quinoa**

- 1 c quinoa
- 2 c roughly chopped baby arugula
- 1-2 scallions, thinly sliced
- sea salt and freshly ground black pepper

Cook quinoa, stirring in arugula and scallions at the last minute. Season lightly with salt and pepper and serve with the delicious maple Dijon chicken broth. Serves 3.

**Jittery Cook**