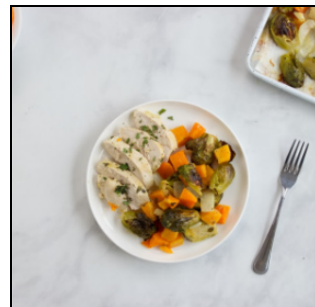


## SHEET PAN MAPLE-MUSTARD CHICKEN WITH SQUASH AND BRUSSELS SPROUTS

**Prep Time:** 15 mins **Cook Time:** 30 mins **Servings:** 4

### In the mix:

- 2 Tbs oregano, fresh, dried)
- 2 Tbs Dijon mustard
- 2 Tbs maple syrup (optional if you prefer tangier flavors)
- 2 Tbs olive oil
- 1 1/2 lb chicken breasts, skinless
- 4 cups butternut squash, peeled & cubed (about 1 pound)
- 1 sweet onion, small
- 8 oz Brussels sprouts, trimmed & Halved (about 2 cups) salt, to taste pepper, to taste (or 1 teaspoon



### How to:

1. Preheat oven to 425°F.
2. Place a large rimmed baking sheet in the oven (leave the pan in the oven as it preheats).
3. Combine oregano, mustard, syrup, and olive oil in a small bowl.
4. Cube squash, chop onion, trim and halve Brussels sprouts.
5. Brush 1/2 mustard-maple syrup mix evenly over chicken breasts.
6. Toss squash, onion, and sprouts with remaining dressing in small bowl
7. Remove hot pan from oven and line with parchment paper. Add chicken to pan and spread vegetables around the chicken in an even layer.
8. Bake at 425°F for 20-30 minutes or until chicken is done (until internal temperature of the chicken reaches 165 degrees F) and vegetables are tender or cooked to your desired consistency. I like mine to be a little crispier. If chicken is ready then take out and leave veggies for 5 more minutes.



**Bonus Tip:** Feel free to switch up the veggies for in season veggies & do this with fish. Cooking time may vary according to what you use. Simply keep an eye on it.

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "-" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts		Amount/serve	% Daily Value*	Amount/serve	% Daily Value*
Calories	377	Total Fat 10.2g	15%	Total Carbohydrates 32g	10%
per serving		Saturated Fat 1.7g	8%	Dietary Fiber 7g	26%
		Trans Fat 0.0g		Total Sugars 11g	
		Cholesterol 97mg	32%		
		Sodium 192mg	8%	Protein 42g	
		Vitamin D 0mcg	0%	Calcium 172mg	17%
				Iron 4mg	24%
				Potassium 1234mg	26%

\* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

[- Show all nutrients -](#)



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