

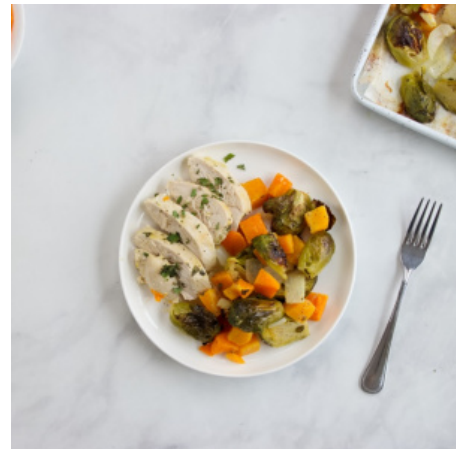
Sheet Pan Maple-Mustard Chicken with Squash and Brussels Sprouts

Prep Time 15 mins
Total Time 30 mins
Meal Type Lunch, Dinner
Contributed By



Source [Living Plate Teaching Kitchen](#)

Servings 4



Ingredients

lb,c g,ml

- 2 Tbs oregano, fresh, *chopped* (or 1 teaspoon dried)
- 2 Tbs Dijon mustard
- 2 Tbs maple syrup
- 2 Tbs olive oil
- 1 1/2 lb chicken breasts, *skinless*
- 4 cups butternut squash, *peeled and cubed* (about 1 pound)
- 1 sweet onion, *chopped* small
- 8 oz Brussels sprouts, *trimmed and halved* (about 2 cups)
- salt, *to taste*
- pepper, *to taste*

Directions

Prep

1. Preheat oven to 425°F. Place a large rimmed baking sheet in oven (leave pan in oven as it preheats).
2. Combine oregano, mustard, syrup, and olive oil in a small bowl.
3. Cube squash, chop onion, trim and halve Brussels sprouts.

Make

1. Brush 1/2 mustard-maple syrup mix evenly over chicken breasts.
2. Toss squash, onion, and sprouts with remaining dressing in small bowl.
3. Remove hot pan from oven and line with parchment paper. Add chicken to pan and spread vegetables around the chicken in an even layer.
4. 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.

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/serving	% Daily Value*	Amount/serving	% Daily Value*
Calories per serving	377	Total Fat 10.2g	15%	Total Carbohydrates 32g	10%
		Saturated Fat 1.7g	8%	Dietary Fiber 7g	26%
		Trans Fat 0.0g		Total Sugars 11g	
		Cholesterol 97mg	32%	Protein 42g	
		Sodium 192mg	8%		
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 -