



Harvest Sheet-Pan Chicken



1/4 of recipe: 280 calories, 3g total fat (0.5g sat. fat), 833mg sodium, 36.5g carbs, 5g fiber, 19.5g sugars, 27.5g protein

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Prep: 10 minutes **Cook:** 35 minutes



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Ingredients

3 cups cubed butternut squash
2 cups chopped apples
1 1/2 cups chopped onion
1 tsp. garlic powder
1 tsp. salt, divided
1/2 tsp. black pepper, divided
Four 4-oz. raw boneless skinless chicken breast cutlets
1/3 cup BBQ sauce

Directions

Preheat oven to 400°F. Spray a baking sheet with nonstick spray.

Evenly lay squash, apples, and onion on the baking sheet. Lightly spray with nonstick spray, and season with garlic powder, 1/2 tsp. salt, and 1/4 tsp. pepper. Bake for 15 minutes.

Flip/rearrange veggies. Add chicken, and season with remaining 1/2 tsp. salt and 1/4 tsp. black pepper. Top with BBQ sauce.

Bake until veggies have softened and chicken is cooked through, 15–20 minutes.

MAKES 4 SERVINGS

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