

Balsamic Chicken And Vegetable Sheet Pan Dinner

Prep Time 20 mins
Total Time 1 hr

Meal Type Lunch,Dinner

Contributed By



Source Adapted from
getinspiredeveryday.com

Servings 4



Ingredients

- 4 cup butternut squash, *cubed*
- 1 medium onion, *cut into 1/8's*
- 1 Tbs olive oil
- 6 Stems broccolini 1/2 pound
- 1 1/2 lb boneless skinless breasts, *cut into strips*
- 1 Tbs olive oil
- 1/4 cup balsamic vinegar
- 1 Tbs maple syrup
- 1 clove garlic, *minced*
- 2 Tbs rosemary, fresh , *chopped*
- 2 tsp salt or to taste
- 1/2 tsp pepper

Directions

Prep

1. Preheat oven to 425°F.
2. Peel and cube squash into 1" cubes.
3. Peel and slice onion into 1/4's and then again to create 1/8 wedges.
4. Wash and trim broccolini.
5. Cut chicken breasts into strips.

Make

1. Place squash cubes and onion in bowl and toss with 1 tablespoon olive oil. Season with a sprinkle salt and pepper.
2. Place on parchment lined sheet and roast in oven for about 20 minutes.
3. Meanwhile, make balsamic glaze. Add balsamic vinegar garlic, rosemary, salt and pepper to a mason jar and shake vigorously. You can also whisk together.
4. When squash is done remove from oven and nestle chicken breasts among vegetables, Add broccolini to pan and drizzle chicken and all vegetables with glaze.
5. Return pan to oven and bake until chicken is just done and reaches 165°F internal temperature, about 15-20 minutes.
6. Serve immediately.

Notes

This recipe is quite flexible so feel free to experiment with other vegetables and proteins.

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.