Chicken and Butternut Squash Recipes

Make chicken and butternut squash recipes using boneless skinless chicken thigh and the sheet-pan roasted method below. Use small even squash cubes so they finish with the chicken.

PREP	COOK	ADDITIONAL	YIELD
15 min	35 min	5 min	4 servings



INGREDIENTS

- 1 1/2 lb (680 g) boneless skinless chicken thighs
- 1 lb (450 g) peeled butternut squash, cut into 3/4-inch cubes
- 1 red onion (150 g), cut into wedges
- 1 tbsp (15 ml) olive oil
- 1 tsp (1 g) dried rosemary
- 1/2 tsp (3 g) salt
- 1/4 tsp (0.5 g) pepper
- 1 tbsp (15 ml) lemon juice

METHOD

1. Heat oven to 425°F (220°C). Toss squash and onion with half the oil, rosemary, salt and pepper; spread on a rimmed sheet pan.
2. Roast vegetables 10 minutes. Coat chicken with remaining oil and lemon; add to the pan, leaving gaps.
3. Roast 20-25 minutes more, stirring vegetables once, until chicken reaches 165°F (74°C) and squash is tender.
4. Rest 5 minutes and serve.

FOOD SAFETY Check chicken reaches 165°F (74°C) in the thickest part, avoiding bone. For a whole bird check breast and innermost thigh and wing. Time and color do not replace a thermometer check.

Tips, Serving & Storage

Practical notes for reliable results and safe leftovers.

COOK’S TIPS & MISTAKES

- Use small even squash cubes so they finish with the chicken.
- Relying on color alone for doneness.
- Overcrowding the pan.
- Using utensils that touched raw chicken on cooked food.
- Adding salt before tasting the sauce.

DONENESS

- Check chicken reaches 165°F (74°C) in the thickest part, avoiding bone. For a whole bird check breast and innermost thigh and wing. Time and color do not replace a thermometer check.

VARIATIONS

- Herb: use sage.
- Vegetable: replace half the squash with carrots.

SERVING

- Divide into 4 portions. Serve with cooked vegetables or a green salad; spoon any sauce over the chicken.

STORAGE, FREEZING & REHEATING

- Refrigerate in shallow covered containers within 2 hours, or within 1 hour above 90°F (32°C). Keep at 40°F (4°C) or below; use within 3-4 days. Include any previous storage time of cooked chicken.
- Freeze cooled portions promptly in airtight containers for up to 2 months for best quality. Thaw in the refrigerator. Cream sauces may separate and crisp coatings soften.
- Reheat leftovers to 165°F (74°C) throughout. Warm gently in a covered skillet with a splash of water; use a 350°F (175°C) oven for breaded pieces.

QUICK FAQ

How do I check doneness? Measure 165°F (74°C) in the thickest part with a food thermometer.

Can I prepare it ahead? Prepare ingredients separately and refrigerate promptly; cook as directed.

What is the main technique? Use small even squash cubes so they finish with the chicken.