Chicken and Squash Recipes



Finished serving

PREP	COOK	YIELD
20 min	40 min	4 servings

Boneless chicken thighs roast with butternut squash and red onion. Small squash cubes get a head start before the chicken goes onto the tray.

Kitchen note: This recipe uses winter squash. Summer squash cooks much faster and is better added with the chicken rather than at the start.

INGREDIENTS

- 1 1/2 lb (680 g) boneless skinless chicken thighs
- 1 1/2 lb (680 g) peeled butternut squash, cut into 1/2-inch cubes
- 1 red onion (150 g), cut into wedges
- 2 tbsp (30 ml) olive oil, divided
- 1 tsp (1 g) dried sage
- 1/2 tsp (1.5 g) garlic powder
- 3/4 tsp (4.5 g) fine salt, divided
- 1/4 tsp (0.5 g) black pepper
- 1 tbsp (15 ml) lemon juice

METHOD

1. Heat oven to 425 F (220 C). Toss squash and onion with half the oil and 1/4 tsp salt on a large rimmed tray. Roast 15 minutes.
2. Coat thighs with remaining oil and salt, sage, garlic powder and pepper.
3. Turn squash and add thighs in open spaces. Roast 20-25 minutes more until chicken is at least 165 F (74 C) and squash is tender.
4. Rest chicken 5 minutes. Add lemon juice to the vegetables and serve.

VARIATIONS

Choose one option

Rosemary:use 1 tsp crushed dried rosemary instead of sage.

Carrot:replace half the squash with carrot pieces.

Chickpeas:add 1 cup drained cooked chickpeas with the chicken.

DONENESS
Check every thick chicken portion with a food thermometer; each must reach at least 165 F (74 C). For bone-in thighs, keep the probe away from bone. Cooking times are estimates.

STORE Refrigerate within 2 hours at 40 F (4 C) or colder; use within 3-4 days.

Reheat leftovers to 165 F (74 C). Follow the listed timing for a safe, tender result.