RECIPE

Herb-Roasted Chicken Breasts with Butternut Squash

A one-pan dinner of lemon and herb chicken breasts over roasted butternut squash, with about 370 mg sodium a serving.

MAKES

4 servings US Metric

TOTAL

1 h

Ingredients

- [ ] 4 boneless, skinless chicken breasts (about 6 oz / 170 g each)
- [ ] 1 medium butternut squash, peeled and seeded, in ¾-inch cubes (4 cups, 600 g)
- [ ] 2 tbsp olive oil
- [ ] ¾ tsp garlic powder
- [ ] 2 tsp dried thyme
- [ ] 1 tsp rubbed sage
- [ ] 1 tsp dried rosemary, crushed
- [ ] zest of 1 lemon
- [ ] 2 tbsp lemon juice
- [ ] ½ tsp black pepper
- [ ] ½ tsp salt

Method

1. Heat the oven to 425 °F with a rimmed sheet pan inside. Oven heat is not changed by altitude, so the time holds here.
2. Mix the oil, garlic powder, thyme, sage, rosemary, lemon zest, lemon juice, pepper and salt in a bowl. Toss the squash cubes with a third of it.
3. Pull the hot pan out and spread the squash on it in one layer. Roast 15 minutes.
4. Coat the chicken breasts in the rest of the herb oil. Push the squash aside, set the breasts on the pan and roast 20 to 25 minutes more.

5 It is done when the squash is tender and browned at the edges, the juices run clear, and a thermometer in the thickest part of a breast reads 165 °F. If one reads lower, give it 3 more minutes.

6 Rest the chicken 5 minutes. Spoon the pan juices over the chicken and squash and serve for dinner.

7 Cool leftovers within 2 hours, then refrigerate for up to 4 days. Reheat to 165 °F.