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One Pan Lemon Chicken with Delicata Squash and Brussels Sprouts

yield: **4 SERVINGS**

prep time: **25 MINUTES**

total time: **1 HOUR**



EQUIPMENT

- Large baking sheet (or 2 small)
- Cutting board
- Chef's knife
- Meat thermometer
- Zester

INGREDIENTS

- 4 boneless, skinless chicken breasts
- 2-3 cups brussels sprouts (halved)
- 2 Delicata squash
- 3-4 Tbsp olive oil divided
- 2 Tbsp maple syrup or honey
- 1 Tbsp Dijon mustard
- 3 cloves garlic, minced
- 1 tsp dried oregano
- 1 tsp dried basil
- Zest of one lemon
- Zest of one orange
- 2 Tbsp chopped fresh parsley
- Salt and pepper to taste

INSTRUCTIONS:

1. Preheat oven to 400 degrees F. Lightly oil baking sheet with oil.
2. In a small bowl, whisk together 2 Tbsp olive oil, maple syrup, Dijon mustard, garlic, oregano, basil, lemon zest and orange zest; season with salt and pepper to taste. Set aside.
3. Cut ends off delicata squash and half (end to end). Remove the seeds and then slice into thin half-moons (1/4 thick). Keep skins on for more fiber.
4. Place delicata squash and brussels sprouts in a single layer onto the prepared baking sheet. Drizzle with remaining 2 Tbsp olive oil and season with salt and pepper. Top with chicken in single layer and brush each chicken breast with citrus dressing.
5. Place into oven and roast until chicken is completely cooked through reaching an internal temperature of 165F, about 25-30 minutes.
6. Then, broil for 2-3 minutes or until the chicken is caramelized. Serve immediately. Garnish with parsley. Enjoy!