



A Nutrition Resource

Maple Mustard Roasted Squash and Chicken

Yield: 4 Servings | Serving Size: 16.1 oz

Ingredients:

- 1 ½ Tbsp dijon mustard
- 2-3 cups winter squash, peeled and cubed
- 1 ½ Tbsp maple syrup
- 1 small red onion, peeled and quartered
- 1 tsp dried sage or rosemary
- 2 cups brussel sprouts, halved lengthwise/frozen
- 4 skinless chicken breasts
- 1 Tbsp olive oil
- Salt and pepper to taste

Directions:


- 1) Preheat the oven to 425°F.
- 2) In a small bowl, combine the mustard, syrup, herbs, salt and pepper. Whisk with a fork to combine.
- 3) Toss the squash, brussel sprouts, and onion with olive oil, salt, and pepper. Spread the vegetables on a sheet pan in a single layer. Place chicken on the sheet pan and brush with half of the maple mustard sauce.
- 4) Roast the chicken and veggies in the oven for 15 minutes. Remove pan from the oven and brush the chicken with more sauce. Drizzle remaining sauce over vegetables. Roast for another 10 minutes, or until the squash is easily pierced with a fork and the chicken has an internal temperature of 165°F.

Nutrition Facts	
Amount per	
1 serving (16.1 oz)	456 g
Calories 617	From Fat 276
% Daily Value*	
Total Fat 30.7g	47%
Saturated Fat 8.3g	41%
Trans Fat 0.3g	
Cholesterol 186mg	62%
Sodium 263mg	11%
Total Carbohydrates 21g	7%
Dietary Fiber 4g	16%
Sugars 8g	
Protein 63g	127%
Vitamin A 198% • Vitamin C 95%	
Calcium 11% • Iron 20%	
<small>* Percent Daily Values are based on 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.</small>	

Recipe provided by FAST Blackfeet (<https://www.fastblackfeet.org/>). Used with permission for educational purposes.

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