

One Pan Chicken and Squash Dinner

Prep Time: 15 mins. Cook Time: 1 hr 15 mins. Total Time: 1 hr 30 mins. Serves: 4-8.

Ingredients:

- 1 butternut squash, prepped according to directions below
- 8 chicken thighs, fat trimmed
- 10 cloves garlic peeled
- 3 Tbsp olive oil
- 3/4 Tbsp kosher salt
- 1 tsp ground black pepper
- 1 tsp paprika
- 1/2 tsp crushed chili peppers, optional
- 2-3 twigs fresh thyme, optional
- 1/4 cup finely chopped parsley for garnish, optional

Equipment:

Large baking sheet/pan, Cutting board, Knife, Large bowl, Mixing spoon, Spatula

Instructions:

1. Preheat oven to 375°F with the baking rack in the middle. Line a baking sheet with parchment paper or oil pan.
2. Combine all ingredients in a bowl or in the prepared baking sheet.
3. Toss everything together until all ingredients are coated evenly.
4. Distribute everything on the baking sheet. Bake in a preheated to 375°F oven for 1 hour. Increase heat to 425 and bake for another 10-20 minutes until the chicken is golden in color.
5. Remove from the oven and serve 2 chicken thighs with about 8 pieces of squash per serving. Sprinkle with chopped parsley as garnish if desired.

Notes:

To reduce cooking time: cut chicken and squash into smaller pieces, check more often and stir to prevent burning.

How to chop butternut squash: Place the squash on a large cutting board. Start on the bigger end and cut off the base of the squash about 1/4 inch from the bottom. Try to make a level "base" so the squash will be able to stand up straight on its own. Cut about 1/4 inch from the top of the squash, too.

Using a vegetable peeler, peel the squash with long strokes, if possible. You can also stand the squash upright to peel it. Next, cut the squash in half vertically. Use a fork or a spoon to scrape the seeds and pulp out. Cut both squash halves in half again lengthwise to make them "skinnier" halves. Then, stack the two halves on top of each other and cut them into matchsticks, and then cut the matchsticks into cubes that are all approximately the same size, about 1/2 inch cubes.

Adapted from: <https://letthebakingbegin.com/one-pan-chicken-and-squash-dinner/#wprm-recipe-container-9711> and <https://www.healthy-liv.com/peel-chop-roast-butternut-squash/>.