

Chicken and Brussel Sprouts

Servings: 4

RECIPE BOX

INGREDIENTS

Marinate for 30 minutes to overnight:

4 CHICKEN BREASTS in:

1/4 CUP BALSAMIC VINEGAR

2 TBSP EXTRA VIRGIN OLIVE OIL

2 CLOVES GARLIC

1/2 TSP THYME

1/2 TSP OREGANO

1/4 TSP ROSEMARY

3 CUPS BRUSSELS SPROUTS

(trimmed, sliced in half)

3 TBSP EXTRA VIRGIN OLIVE OIL

4 CUPS BUTTERNUT SQUASH,
CUBED

2 TBSP MAPLE SYRUP

1/2 TSP GROUND CINNAMON

2 CUPS PECAN HALVES



DIRECTIONS

STEP 1: Preheat oven to 400F. Lightly grease foil lined baking sheet with olive oil. In medium bowl, combine Brussel sprouts, 2 Tbsp. olive oil, and salt. Toss to combine and place on 1/3 of the baking sheet.

STEP 2: Rise bowl, combine butternut squash, 1 Tbsp. olive oil, maple syrup, and cinnamon. Toss to combine and place on another 1/3 of the baking sheet.

STEP 3: Place marinated chicken on last 1/3 of baking sheet. Cook 20-25 minutes. About halfway through cook time, turn veggies.

STEP 4: In large bowl, combine butternut squash, Brussels sprouts, and pecans. Toss and serve with chicken on the side (or into a bowl)

GF This recipe is gluten free as written.

V Substitute equal amounts of firm tofu in place of chicken.

Nutrition per Serving: Calories: 420, Total Fat: 24g, Carbs: 29g, Protein: 25g, Fiber 6g, Sugar 10g

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