

One Pan Chicken, Grapes & Veggies

7 ingredients · 30 minutes · 2 servings



Directions

1. Preheat the oven to 400°F (204°C). Line a baking sheet with parchment paper.
2. Place chicken, squash, green beans and grapes onto the baking sheet. Drizzle the olive oil ovetop and season with thyme and salt. Roast for 25 to 30 minutes or until the chicken is cooked through. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container up to three days.

Serving Size

One serving equals approximately two chicken drumsticks, 1/4 acorn squash, 1/2 cup grapes, and 2 cups green beans.

More Flavor

Add your choice of herbs and spices, or balsamic vinegar.

Ingredients

- 1 lb Chicken Drumsticks
- 1/2 Acorn Squash (seeds removed, chopped)
- 4 cups Green Beans (trimmed)
- 1 cup Grapes (seedless, stems removed)
- 1 tbsp Extra Virgin Olive Oil
- 2 tbsps Thyme (fresh)
- 1/4 tsp Sea Salt

Nutrition

Amount per serving

Calories	563	Vitamin C	42mg
Fat	28g	Calcium	144mg
Saturated	7g	Iron	5mg
Carbs	34g	Vitamin D	5IU
Fiber	8g	Vitamin B6	1.3mg
Sugar	14g	Folate	94µg
Protein	46g	Vitamin B12	1.2µg
Cholesterol	209mg	Magnesium	131mg
Sodium	552mg	Zinc	5mg
Potassium	1377mg	Selenium	48µg
Vitamin A	2040IU		