

# Sheet Pan Chicken with Maple-Thyme Squash & Brussels Sprouts



35 minutes | 2 servings

## Find cookware

[baking sheet pan](#)  
[chef's knife](#)  
[colander](#)  
[cutting board](#)  
[garlic press \(optional\)](#)  
[measuring spoons](#)  
[oven mitts](#)  
[spatula](#)  
[tongs](#)  
[vegetable peeler](#)

## Grab ingredients

¾ lb	Brussels sprouts
1 small	butternut squash
1 lb	chicken thighs, boneless skinless
½ small pkg	fresh thyme
2 cloves	garlic
	black pepper
	extra virgin olive oil
	pure maple syrup
	salt

## Cook & enjoy

- 1 Preheat oven to 450°F.
- 2 Wash and dry the fresh produce.  
1 small butternut squash  
¾ lb Brussels sprouts  
½ small pkg fresh thyme
- 3 Trim and peel the squash. Halve lengthwise, scrape out seeds, and medium dice the flesh. Transfer to a baking sheet pan.
- 4 Trim and halve Brussels sprouts; add to the baking sheet with the squash.
- 5 Slide thyme leaves off the stems; discard stems and sprinkle leaves over the veggies.
- 6 Peel and mince garlic; sprinkle over the veggies.  
2 cloves garlic
- 7 Drizzle veggies with oil and maple syrup; season with salt and pepper. Toss to combine and spread out in a single layer.  
1 ½ tbsp extra virgin olive oil  
1 tbsp pure maple syrup  
½ tsp salt  
¼ tsp black pepper
- 8 Season both sides of the chicken with salt and pepper; nestle chicken in the veggies on the baking sheet.  
1 lb chicken thighs, boneless skinless  
¼ tsp salt  
⅛ tsp black pepper
- 9 Place baking sheet in the oven; bake until the chicken is cooked through and veggies are tender, about 20 minutes.
- 10 To serve, divide roasted veggies and chicken between plates. Enjoy!