

Abby J's

FALL PUMPKIN SHEET PAN CHICKEN



Simple. Seasonal.
So Delicious.

INGREDIENTS

- 4 boneless, skinless chicken breasts (or thighs)
- 4 cups pumpkin or butternut squash, cubed
- 1 small red onion, cut into wedges
- 2 tablespoons olive oil
- 1 teaspoon garlic powder
- 1 teaspoon smoked paprika
- 1 teaspoon dried sage
- ½ teaspoon thyme
- Salt and pepper to taste

Maple Dijon Glaze

- 3 tablespoons maple syrup
- 1 tablespoon Dijon mustard
- 1 teaspoon minced garlic

*A cozy, colorful
sheet pan meal that
tastes like fall!*



DIRECTIONS

- 1 Heat oven to 425°F.
- 2 Toss chicken, pumpkin, and onion with olive oil, garlic powder, smoked paprika, sage, thyme, salt and pepper. Arrange on a sheet pan.
- 3 Roast for 20 minutes.
- 4 Mix maple syrup, Dijon mustard, and garlic. Brush over the chicken and pumpkin.
- 5 Roast 15–20 minutes more, until the chicken reaches 165°F and the pumpkin is tender.

EASY
ONE PAN
FALL
FLAVOR



*Perfect for
busy weeknights
or Sunday
suppers!*



Abby J's Tip



Finish with fresh parsley and crispy fried sage.
For extra fall flavor, add crumbled goat cheese
or toasted pecans just before serving.

