

# One Pan Chicken, Grapes & Veggies

Susan Alsembach

This is a great recipe that can be used for either lunch or dinner, swapping in your favourite vegetables to suit your tastebuds!

If you double up, there can be plenty for leftovers for a lazy day.

Enjoy,

Susan

# One Pan Chicken, Grapes & Veggies

7 ingredients · 30 minutes · 4 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 overtop 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

- 907 grams** Chicken Drumsticks
- 1** Acorn Squash (seeds removed, chopped)
- 800 grams** Green Beans (trimmed)
- 184 grams** Grapes (seedless, stems removed)
- 30 milliliters** Extra Virgin Olive Oil
- 10 grams** Thyme (fresh)
- 3 grams** Sea Salt