

Roasted Chicken Breast with Roasted Fall Vegetables

Ingredients

- 4 boneless skinless chicken breast
- 1 spaghetti squash
- 1 butternut squash (peeled and diced)
- 1 Idaho potato (peeled and diced)
- 1 yellow onion (sliced)
- 2 medium carrots (peeled and diced)
- 1 lbs. Brussels sprouts (halved)
- 1 head kale (washed and chopped)
- 1 tbs. fresh sage (chopped)
- ¼ cup pure maple syrup
- Olive oil, salt and pepper

Method

Heat oven to 375

Cut spaghetti squash in half, scoop out seeds with a spoon and drizzle with olive oil, salt, and pepper. Roast in oven cut side up for 45-60 minutes. In the meantime, Combine all the vegetables in a bowl and season with salt, pepper, sage, olive oil, and maple syrup. Lay vegetables out on a sheet pan or roasting pan and roast for 20 minutes. While vegetables are roasting, season chicken in the same bowl you used for the vegetables with salt, pepper, sage and olive oil. When time is up on the vegetables, remove them from the oven and stir the vegetables. Make some space for the chicken breasts between the vegetables and roast again for another 20 minutes.

To finish:

Saute kale in a skillet over med heat until soft. Remove spaghetti squash from oven and scrap flesh with a fork to make (spaghetti). Transfer spaghetti to skillet with the kale and quickly saute for a few minutes to combine.

Place spaghetti/kale mixture onto center of plate, arrange roasted vegetables around plate and top with chicken.

Serves 4