



Sheet-Pan Chicken With Black Beans and Squash

Yield: 4 servings

Ingredients

- 1 ½ pounds bone-in, skin-on chicken thighs, patted dry - about 6
- 1 pound peeled and cubed butternut squash
- 1 (15-ounce) can black beans, rinsed and shaken dry (I used about 1 ½ cups of freshly cooked black beans.
- ½ sweet white onion, thinly sliced
- 3 tablespoons avocado or other neutral-tasting oil
- 2 teaspoons chili powder
- 1 teaspoon ground cumin
- Salt
- Garnishes for serving: chopped cilantro, toasted pepitas, and lime wedges or a combination
- A few halved cherry tomatoes for serving and adding a little color

Instructions

Heat the oven to 425 degrees. On a parchment lined sheet pan, begin by seasoning the chicken thighs with ¾ tsp coarse kosher salt and ground pepper. Then roast the thighs alone for 15 minutes. Add the combined squash, black beans and onions. Toss to coat, then spread into an even layer. Roast until the chicken skin is deeply golden and the squash is tender, 25 to 30 more minutes.

To serve, plate the cooked chicken and vegetables as you like and top with chopped cilantro, roasted pepitas, and a squeeze of lime. Add a couple of halved cherry tomatoes on the side to make the meal look appetizing!