

## Baked Chicken with Roasted Squash, red onions and Brussel sprouts

### Ingredients:

- 1 Large package of Boneless chicken
- 1 package diced winter squash (in small pieces)
- ½ red onion, sliced
- 1 cup Brussel sprouts, trimmed and sliced in quarters
- 1 Tb. olive oil

### Directions:

1. Place chicken in a roasting pan, season with Mrs. Dash and Rosemary. Cook extra to use for the Tomato and Basil skillet
2. Combine all ingredients in a bowl and mix. Place in a roasting pan.
3. Put in a pre-heated oven at 375 degrees
4. Roast for 20 minutes or until brown. Stirring several times

Nutrition (Serves 2): 116 calories, 7 grams of fat, 4 mg sodium, 14 g carbohydrate