



## Autumn Apple & Sage Chicken Bake

*Protein: Boneless, Skinless Chicken Breasts | Method: Oven*

Sweet apples and squash meet savory sage in a sheet-pan dinner.

### Ingredients:

- 4 chicken breasts, cut into 2" chunks
- 2 tbsp olive oil
- 2 apples, sliced
- 2 cups butternut squash cubes
- 1 red onion, sliced
- 2 tbsp maple syrup
- 2 tsp chopped sage
- Salt & pepper



### Instructions:

1. Preheat oven to 425°F. Place the sheet pan in the oven on the center rack to heat.
2. Toss chicken, apples, squash, onion, maple, sage, oil, salt, and pepper together in a bowl.
3. Carefully remove sheet pan from the oven, spread chicken, and squash mixture over the pan.
4. Bake 30–35 minutes until chicken is 165°F.

**Serving Tip:** Serve with wild rice pilaf.

**Nevada Farm Fact:** Yes, apples grow in the desert! Apples thrive in the crisp fall air, producing fruit perfect for both sweet pies and savory farmhouse suppers.

