



**Heart & Home**  
*Wellness Table Series*

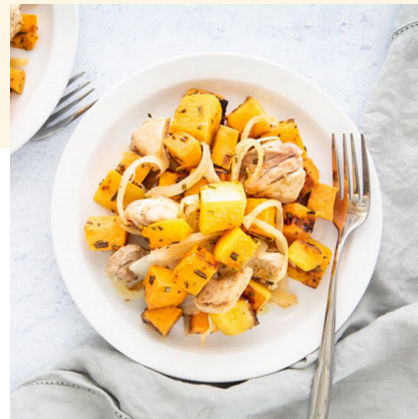


**Ronald McDonald  
House Charities®**  
Central Ohio

# Chicken, Sweet Potato and Butternut Squash Hash

This hearty, healthy, and satisfying dish is perfect as a stand-alone breakfast or paired with a green salad for lunch or dinner.

Active Time: 30 mins | Total Time: 50 mins | Servings: 4



## NUTRITION NOTES

- Juicy and flavorful, **chicken thighs** are an excellent source of high-quality protein and essential amino acids to support muscle maintenance and repair. They also provide important nutrients such as iron, zinc, and B vitamins for energy and immune function.
- **Sweet potatoes** offer a naturally sweet flavor along with beta-carotene, an antioxidant that the body converts to vitamin A to promote healthy vision, skin, and immunity. They're also rich in fiber and potassium, supporting digestive and heart health.
- **Butternut squash**, mild and slightly nutty, is another excellent source of beta-carotene, as well as vitamin C and fiber, which contribute to a strong immune system and reduced inflammation.
- Aromatic staples of this dish, **onions and garlic**, not only add depth of flavor but contain natural compounds that may support heart health, regulate blood sugar, and boost the immune system.
- **Fresh rosemary and sage**, fragrant herbs, are packed with antioxidants and anti-inflammatory compounds that enhance both flavor and overall health.

# Chicken, Sweet Potato and Butternut Squash Hash

Printing  
Courtesy of:



## INGREDIENTS

- 2 medium onions, thinly sliced
- 1 tablespoon unsalted butter
- 3 tablespoons extra-virgin olive oil, divided
- 1½ teaspoons kosher salt, divided
- ¾ teaspoon finely ground black pepper, divided
- 1 pound skinless, boneless chicken thighs, cut into 1-inch cubes
- 1 tablespoon fresh sage, finely chopped
- 4 garlic cloves, minced
- 3 cups peeled, cubed sweet potato
- 3 cups peeled, cubed butternut squash
- 2 tablespoons fresh rosemary, finely chopped

## INSTRUCTIONS

1. Preheat oven to 425°F (218°C). Five minutes before roasting, place a nonstick baking pan in the oven to preheat.
2. In a large frying pan over medium-low heat, melt butter with 1 tablespoon olive oil. Add onions, 1 teaspoon salt, and ¼ teaspoon pepper. Cook slowly, stirring occasionally, for 10–15 minutes, until soft and slightly caramelized.
3. Add chicken, sage, and garlic to the pan; cook for another 15 minutes, stirring, until chicken is cooked through. Internal temperature of chicken must reach 165 degrees F. Drain the chicken–onion mixture in a colander (do not rinse the pan).
4. Caution: Baking dish will be hot from preheat. Proceed with caution & use oven mitts to remove from oven. In a large bowl, toss sweet potatoes, butternut squash, rosemary, remaining 1 teaspoon salt, 1/2 teaspoon pepper, and 2 tablespoons olive oil. Caution: Baking dish will be hot from preheat.
5. Spread vegetable mixture evenly on the preheated baking pan. Roast for 15 minutes, flip cubes, then roast for 5 more minutes.
6. Transfer roasted vegetables to the frying pan over high heat for about 2 minutes, browning them slightly. Add drained chicken and onions back to the pan, stir to combine, and cook for another 2 minutes.
7. Season to taste and serve warm.

**Nutrition Profile:** High-Protein | High-Fiber | Gluten-Free | Dairy-Optional | Heart-Healthy | Immune-Boosting

## NUTRITION FACTS *(per serving)*

*Servings Per Recipe: 4 | Serving Size: 1 cup vegetables + 3 oz chicken | Calories: 473*

- |                        |                              |                        |
|------------------------|------------------------------|------------------------|
| • Total Fat - 20 g     | • Total Carbohydrates - 52 g | • Potassium - 1,237 mg |
| • Saturated Fat - 5 g  | • Dietary Fiber - 8 g        | • Phosphorus - 304 mg  |
| • Cholesterol - 112 mg | • Sugars - 5 g               |                        |
| • Sodium - 821 mg      | • Protein - 24 g             |                        |

*\*Nutrition information provided directly by Eat Right and reflects values listed at the time of publication. Recipe sourced from: [www.eatright.org](http://www.eatright.org)*