One-Pan Chicken Dinners

Chicken is a great main course for the fall since it is inexpensive, easy to find, simple to use in various meals, and of course a healthy lean protein. These meals are perfect for fall and a great way to use your chicken. Plus, they are easy to do since only one pan or pot is going to be used for the entire meal.

**Chicken and Veggies**

If you only want to use a single pan for your entire chicken dinner, it doesn’t get much simpler than chicken and vegetables. This has a lot of variations you can use, depending on what your family likes and what you have on hand. You do want to cook your chicken first to make sure it is fully cooked through, rinse the pan, then return it to the stove before cooking your veggies. Once the chicken is cooked, add some olive oil to the pan and add all of your chopped veggies. Sun-dried tomatoes and asparagus are great for this chicken dinner.

**Cheesy Chicken and Broccoli**

Another one-pan chicken dinner you can make combines chicken with cheese, broccoli, and rice. This is a healthy dinner that is done entirely in one pan. It is a great way to use cooked chicken you made earlier in the week and have saved. Since it is already cooked, you can add some olive oil to the pan, throw on the chicken, and put in the rice at the same time. By the time the rice is cooked through, the sauce you used is now thicker, the chicken is warmed up, and it is time to add in your broccoli until it gets soft.

**Rosemary Chicken With Veggies**

This one-pan chicken meal is healthy and packs a lot of flavor. Like the other recipes, you will need to cook the chicken first if it is raw, otherwise you can add it at the same time as the vegetables. You can use sweet potatoes since they are a good fall vegetable, or go with regular russet potatoes if you prefer. Cut them into cubes and add them with the chicken since they take a little longer to take. Season your chicken, add the oil, then add the chicken and potatoes. The green beans should be the last thing you add since they don’t take as long to cook through.

**Chicken and Butternut Squash**

This is a convenient dinner that you are going to cook with a roasted chicken, such as a rotisserie you buy at the supermarket. Pull apart the chicken and cut up the chicken into slices. You will add it to your pan with your preferred seasonings and butternut squash for a healthy and light fall chicken dinner.