

Sheet-Pan Chicken with Black Beans and Squash
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Time: 45 minutes
Yield: 4 servings

Ingredients

1-½ pounds bone-in, skin-on chicken thighs, patted dry
1-pound cubed butternut squash
1 (15-ounce) can black beans, rinsed and shaken dry
1 red onion, thinly sliced, divided
3 tablespoons avocado or other neutral-tasting oil
2 teaspoons chili powder
1 teaspoon ground cumin
Salt
Cilantro, toasted pepitas, sour cream, or lime wedges or a combination, for serving

Preparation

1. Heat the oven to 425 degrees. On a sheet pan, combine the chicken, squash, beans, half the red onion, oil, chili powder, cumin and 1½ teaspoons Diamond Crystal kosher salt (or ¾ teaspoon coarse kosher salt). 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 minutes.
2. Top the cooked chicken and vegetables as you like with the remaining red onion, cilantro, pepitas, dollops of sour cream and a squeeze of lime.

Tip - To use boneless, skinless thighs, toss them in the seasonings, then remove from the sheet pan. Roast the squash, onion and beans for 15 minutes, then add the thighs and continue to roast until cooked through, another 10 to 15 minutes. Broil for more browning if you like.