



ROSEMARY-BALSAMIC CHICKEN

Roasted butternut squash & tomatoes with pesto, feta

COOK TIME
30 MIN

SERVINGS
2

NET CARBS PER SERVING
16 GRAMS

CALORIES PER SERVING
480

MENU
KETO // GLUTEN-FREE

Sweet and tangy flavors mingle in this Italian-inspired dish. Chicken tenders seasoned with a rosemary-garlic herb blend are pan-seared, then roasted in balsamic vinegar with Dijon mustard. The chicken is served over butternut squash and tomatoes tossed in a keto-friendly basil pesto. Feta cheese crumbles, sprinkled over top, give the dish a sharp and creamy finish.

INGREDIENTS (10 ITEMS)

- 12 oz **Chicken tenders**
- 2 tsp **Rosemary-garlic herb blend**
- ¼ cup **Balsamic vinegar with Dijon mustard**
- 5 ¼ oz **Butternut squash**
- 2 whole **Roma tomatoes**
- ¼ oz **Garlic**
- 1 ½ oz **Red onions**
- 2 tbs **Butter** D
- ¼ cup **Keto-friendly basil pesto** T D
- 1 ¼ oz **Feta cheese** D

WHAT YOU'LL NEED

- baking sheet
- medium oven-safe sauté pan
- large sauté pan
- measuring spoons
- peeler
- thermometer
- oven mitt
- medium bowl

ALLERGENS

- D DAIRY
- T TREE NUT



Certified gluten-free by the Gluten Intolerance Group's Gluten-Free Food Service (GFFS) program.

GREEN CHEF IS PROUD to be a USDA Certified Organic company. All produce is organic unless otherwise labeled.

Wash and dry fresh produce. Wash hands and surfaces after handling raw poultry. Consuming raw or undercooked poultry can be harmful to your health. Go to help.greenchef.com for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at help@greenchef.com

ROSEMARY-BALSAMIC CHICKEN

1 PREP & ROAST SQUASH

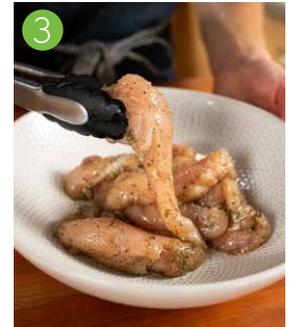
- Preheat oven to 400 degrees.
- Remove any seeds from **butternut squash** with a spoon. Carefully peel squash. Medium dice into about ½-inch pieces.
- Place **squash** on a lightly oiled foil-lined baking sheet. Drizzle with 1-2 tablespoons cooking oil. Season with salt and pepper. Stir to coat. Spread out in an even layer. Roast 15-18 minutes, or until squash is fork tender.

See Step 6 to finish.



2 PREP TOMATOES & GARLIC

- Medium dice **Roma tomatoes** into about ½-inch pieces.
- Mince **garlic**.



3 SEASON CHICKEN

- Place **chicken tenders** in a medium bowl. Drizzle with about 1 tablespoon cooking oil. Season with salt, pepper, and about half of the **rosemary-garlic herb blend**. Stir to coat.

4 SEAR CHICKEN

- Heat about 1 ½ tablespoons cooking oil in a medium oven-safe sauté pan over medium-high heat. Add **chicken** to hot pan. Sear 2 minutes on each side.
- Remove from heat. Add **balsamic vinegar with Dijon mustard** and 2 tablespoons water. Gently shake pan to combine.



5 ROAST CHICKEN

- Transfer pan with chicken to oven. Roast 8-12 minutes, or until chicken is fully cooked and balsamic vinegar has slightly reduced.* (Chicken is fully cooked when internal temperature reaches 165 degrees.)

**Careful! The pan handle will remain hot after the pan is removed from the oven.*



6 SAUTÉ VEGGIES

- Heat about 1 ½ tablespoons olive oil in a large sauté pan over medium heat. Add **red onions** to hot pan. Lightly season with salt, pepper, and remaining **herb blend**. Stir. Cook 3-4 minutes, or until onions begin to soften, stirring occasionally.
- Add **tomatoes** and **garlic**. Stir to combine. Cook 2-3 minutes, or until garlic is fragrant, stirring occasionally.
- Transfer **squash** to pan. Add **butter**, about half of the **keto-friendly basil pesto**, and about 1 tablespoon water. Stir to combine. Cook 1 minute. Salt and pepper to taste.

7 PLATE YOUR DISH

- Divide **roasted squash and pesto veggies** (with any sauce from pan) between plates. Top with **rosemary-balsamic chicken**. Spoon any **balsamic sauce from pan** over top. Garnish with **feta cheese** and remaining **pesto**.
- Enjoy!

