



PECAN-CRUSTED CHICKEN

creamy mashed butternut squash, sautéed green beans

COOK TIME 30 MIN	SERVINGS 2	CALORIES PER SERVING 650	NET CARBS PER SERVING 19 GRAMS	MENU KETO // GLUTEN-FREE
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This recipe is an ode to the buttery, woody sweetness of the humble pecan. Finely chopped and held in place with tangy Dijon mustard, the nutrient-packed nut transforms into an irresistibly toasty crust for tonight's main event: juicy roasted chicken cutlets. Two colorful sides—creamy mashed butternut squash and white balsamic sautéed green beans—complete the keto-friendly dinner.

INGREDIENTS (7 ITEMS)

- 10½ oz **Butternut squash***
- 1 oz **Pecans** T
- 6 oz **Green beans**
- 2 (5 oz) **Chicken cutlets****
- ¼ oz **Dijon mustard**
- ¾ oz **White balsamic vinegar**
- 1 oz **Cream cheese** M

WHAT YOU'LL NEED

- medium pot
- medium sauté pan
- baking sheet
- measuring spoons
- strainer
- peeler
- potato masher
- thermometer
- oven mitt
- cooking oil
- 3 tbsp butter M
- salt & pepper

ALLERGENS

- T TREE NUTS (pecans)
- M MILK



If you ordered the 4-serving version of this meal, refer to the guidelines in Step 1.



Certified gluten-free by the Gluten Intolerance Group's Gluten-Free Safe Spot Program.

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

*Due to the varying nature of organic produce, we may have sent a larger butternut squash than needed.
**Chicken is fully cooked when internal temperature reaches 165 degrees.

Wash and dry fresh produce. Wash hands and surfaces after handling raw poultry. Consuming raw or undercooked poultry may increase your risk of foodborne illness. Go to greenchef.com/faq for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

1 START PREP & COOK SQUASH

- Preheat oven to 400 degrees.
- Remove any seeds from **butternut squash*** with a spoon. Carefully peel with a sharp peeler.** Medium dice into pieces, about ½ inch each.
- Place **squash** in a medium pot. Cover with at least 2 inches cold, lightly salted water. Bring to a boil. Cook 12-15 minutes, or until fork-tender.
- Strain **squash**; shake off excess water. Return to pot. (You'll finish the squash in Step 5.)

**Use enough butternut squash to match the size of a softball, saving the rest for another day. If you have a food scale, use 10 ounces to stay under 20 grams of net carbs per serving.*

***If you don't have a sharp peeler, carefully use a sharp knife. Place squash cut sides down, then slice away the skin, curving your knife with the shape of the squash as you go.*

COOKING FOR
4

If you ordered the 4-serving version of this meal, modify this recipe by doubling the measurements (where it makes sense) and using bigger pots, pans, and bowls.

2 FINISH PREP

- Finely chop **pecans**.
- Trim stem ends off **green beans**. Halve widthwise.

3 SEASON & ROAST CHICKEN

- Pat **chicken cutlets** dry with paper towels. Season with salt and pepper.
- Place **chicken** on a lightly oiled, foil-lined baking sheet. Spread **Dijon mustard** over tops of chicken. Sprinkle with **pecans**. Roast 15-20 minutes, or until fully cooked.
- Transfer **chicken** to a cutting board.

4 SAUTÉ GREEN BEANS

- Heat about 1 tablespoon cooking oil in a medium sauté pan over medium-high heat. Add **green beans** to hot pan. Season with about ¼ teaspoon salt and a pinch of pepper. Cook 4-5 minutes, or until lightly browned, stirring occasionally.
- Add **white balsamic vinegar**, 1 tablespoon butter, and about 2 tablespoons water. Cook 2-3 minutes, or until green beans are tender, stirring occasionally.

5 MASH SQUASH

- Add **cream cheese** and 2 tablespoons butter to pot with **squash**. Mash with a potato masher (or fork) until smooth. Season with about ¼ teaspoon salt and a pinch of pepper. Stir to combine.

6 PLATE YOUR DISH

- Cut **chicken cutlets** into 5-7 slices each.
- Divide **pecan-crusted chicken** between plates. Pile **creamy mashed butternut squash** and **sautéed green beans** next to chicken. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (421g)

Amount per serving

Calories **650**

	% Daily Value*
Total Fat 43g	55%
Saturated Fat 15g	75%
Trans Fat 0.5g	
Cholesterol 190mg	63%
Sodium 850mg	37%
Total Carbohydrate 25g	9%
Dietary Fiber 6g	21%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 48g	
Vitamin D 2mcg	10%
Calcium 180mg	15%
Iron 3mg	15%
Potassium 1301mg	30%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

All ingredients in this recipe:

Chicken Cutlets [chicken], **Butternut Squash**, **Cream Cheese** [cultured pasteurized skim milk and cream, whey protein, milk proteins, less than 2% salt, inulin (natural dietary fiber), natural acids, xanthan, locust bean and guar gums, potassium sorbate (maintains freshness)], **Dijon Mustard** [water, mustard seeds, vinegar, salt, citric acid, sulphur dioxide], **Pecans** [pecans, canola and/or peanut and/or sunflower oil], **Green Beans**, **White Balsamic Vinegar** [aged white wine vinegar and must of white grapes]

Allergen information:

Contains Tree Nuts And Milk

Allergens may be reflected in pantry items listed in the “What You’ll Need” section of the recipe card.

Manufactured on equipment that processes products containing egg, fish/shellfish, milk, sesame, soy, peanuts, and tree nuts.