



**GREEN
CHEF**

CHICKEN STUFFED WITH HERB CREAM

Roasted acorn squash, brown butter, chard

COOK TIME

40 MIN

SERVINGS

2

CALORIES PER SERVING

670

NET CARBS PER SERVING

19 GRAMS

MENU

KETO // GLUTEN-FREE

Want to wow your dinner date? Tonight's creamy chicken dish is sure to impress. For the main event, we coat chicken in dried herbs and stuff it with cream cheese, then roast it in the oven and finish it with a drizzle of herby lemon-caper sauce. Nutty, caramelized brown butter ups the swoon factor for a side of tender roasted acorn squash, and garlicky sautéed chard rounds out the meal.

INGREDIENTS (7 ITEMS)

2 (6 oz) **Chicken breasts***
 2 oz **Cream cheese** M
 1 ¼ oz **Lemon-basil caper sauce**
 1 ½ tsp **Rosemary, basil & sage blend**
 10 ½ oz **Acorn squash**
 5 ¼ oz **Green chard**
 ¼ oz **Garlic**

WHAT YOU'LL NEED

medium sauté pan
 baking sheet
 mixing bowls
 measuring spoons
 thermometer
 oven mitt
 cooking & olive oils
 2 tbsp butter M
 salt & pepper

ALLERGENS

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.

*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](https://www.greenchef.com/faq) for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

1 SEASON SQUASH

- Preheat oven to 425 degrees.
- Remove seeds from **acorn squash** with a spoon. Lay flat and cut lengthwise into wedges, about ¼ inch thick.*
- Place **squash** in a medium bowl. Drizzle with about 1 ½ tablespoons cooking oil. Season with salt, pepper, and about half of the **rosemary, basil, and sage blend**. Stir to coat.
- Spread **squash** out in a single layer on one side of a lightly oiled, foil-lined baking sheet.

**Acorn squash skin is tender and edible once cooked. If you prefer to remove it, carefully peel the slices.*

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 STUFF CHICKEN

- Pat **chicken breasts** dry with paper towels. Place on a cutting board. Cut a pocket lengthwise into the side of each **chicken breast**. Season with salt, pepper, and remaining **herb blend**. Spoon about half of the **cream cheese** into the pocket of each chicken breast.

3 ROAST CHICKEN & SQUASH

- Place **chicken** on open side of baking sheet with **squash**. Roast 20–25 minutes, or until chicken is fully cooked and squash is fork-tender, flipping squash halfway through.

4 PREP

- Roughly chop **green chard*** (including stems) into bite-size pieces.
- Mince **garlic**.

**Your chard may be a different color. Either way, this dish will still be delicious!*

5 BROWN BUTTER

- Place 2 tablespoons butter in a medium sauté pan over medium heat. Cook 1–2 minutes, or until butter is fragrant and begins to brown, swirling pan frequently.*
- Transfer to a small bowl.

**Keep an eye on the butter while it cooks to prevent it from burning.*

6 SAUTÉ CHARD

- Heat about 1 tablespoon olive oil in pan used for butter over medium heat. Add **chard** to hot pan. Season with about ¼ teaspoon salt and a pinch of pepper. Cook 2–3 minutes, or until lightly wilted, stirring occasionally.
- Add **garlic** and about 1 tablespoon water. Cook 1–2 minutes, or until chard is tender and liquid cooks off, stirring occasionally.
- Remove from heat. Add about 1 tablespoon of the **lemon-basil caper sauce**. Stir to coat.

7 PLATE YOUR DISH

- Divide **garlicky sautéed chard** between plates. Top with **creamy stuffed chicken**. Drizzle with remaining **lemon-basil caper sauce** to taste. Serve **roasted acorn squash** next to chicken. Drizzle **brown butter** over squash. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (462g)

Amount per serving

Calories **670**

	% Daily Value*
Total Fat 45g	58%
Saturated Fat 13g	65%
Trans Fat 0g	
Cholesterol 170mg	57%
Sodium 680mg	30%
Total Carbohydrate 23g	8%
Dietary Fiber 4g	14%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 46g	
Vitamin D 0mcg	0%
Calcium 201mg	15%
Iron 4mg	20%
Potassium 846mg	20%

* 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 Breasts [chicken], **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)], **Rosemary, Basil & Sage Blend** (Ground Rosemary, Dried Sage, Italian Seasoning [spices (basil, rosemary, marjoram, oregano, thyme)], Dried Basil, Granulated Garlic, Onion Powder), **Garlic, Acorn Squash, Green Chard, Lemon-Basil Caper Sauce** (Lemon Juice [lemon], White Balsamic Vinegar [white wine vinegar, concentrated grape must], Basil, Capers [capers, water, vinegar, salt], Olive Oil)

Allergen information:

Contains 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.