



**GREEN
CHEF**

CHEESY SOUTHWEST CHICKEN

Roasted zucchini & bell pepper, pepitas, cilantro-lime crema

COOK TIME

20 MIN

SERVINGS

2

CALORIES PER SERVING

510

NET CARBS PER SERVING

7 GRAMS

MENU

KETO // GLUTEN-FREE

Cheesy chicken is always a recipe for success, but this version—which also happens to be keto and gluten-free—is extra-special. Cutlets are spread with spiced cilantro-lime crema, then mounded with a mouthwatering mixture of Monterey Jack, sharp cheddar, and Southwest spice. A trip to the oven does double duty, both cooking the chicken to juicy perfection and turning the cheesy topping ultra-melty. It's served alongside roasted zucchini and bell pepper and finished with a sprinkle of toasted pepitas for some craveable crunchy contrast.

INGREDIENTS (9 ITEMS)

1 whole **Zucchini**
3 ½ oz **Red bell pepper**
1 oz **Monterey Jack cheese** M
1 oz **Sharp cheddar cheese** M
1 tsp **Southwest seasoning**
2 (5 oz) **Chicken cutlets***
2 oz **Spiced cilantro-lime crema with Greek yogurt** M
½ oz **Pepitas**
2 tsp **Cholula sauce**

WHAT YOU'LL NEED

small sauté pan
2 baking sheets
mixing bowls
measuring spoons
thermometer
oven mitt
cooking oil
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

PREP

- Preheat oven to 425 degrees.
- Trim ends off **zucchini**;* discard. quarter lengthwise. Lay flat and slice across into quarter-moons, about ¼ inch thick.
- Cut **red bell pepper*** lengthwise into strips, about ¼ inch thick.

**The ingredient you received may be a different color.*

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

SEASON CHEESE

- Place **Monterey Jack cheese** and **sharp cheddar cheese** in a medium bowl. Season with about half of the **Southwest seasoning**. Stir to combine.

3

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 **spiced cilantro-lime crema with Greek yogurt** over tops of chicken. Sprinkle with **seasoned cheese**.
- Transfer baking sheet to oven. Roast 10-12 minutes, or until chicken is fully cooked and cheese is melted.
- Transfer **chicken** to a cutting board. Let rest at least 3 minutes.

4

ROAST ZUCCHINI & BELL PEPPER

- Place **zucchini** and **bell pepper** in a second medium bowl. Drizzle with about 1 ½ tablespoons cooking oil. Season with remaining **Southwest seasoning**, about ¼ teaspoon salt, and a pinch of pepper. Stir to coat.
- Spread **zucchini and bell pepper** out in a single layer on a second lightly oiled, foil-lined baking sheet. Roast 8-10 minutes, or until fork-tender, stirring halfway through.

5

TOAST PEPITAS

- Place **pepitas** in a dry small sauté pan over medium heat. Toast 2-3 minutes, or until fragrant, shaking pan frequently.
- Transfer **pepitas** to a cutting board. Roughly chop cooled **pepitas**.

6

PLATE YOUR DISH

- Divide **cheesy Southwest chicken** between plates. Serve **roasted zucchini and bell pepper** next to chicken. Garnish with **toasted pepitas** and drizzle with **Cholula sauce** to taste (or omit). Enjoy!



Nutrition Facts

2 Servings per container

Serving size (389g)

Amount per serving

Calories **510**

	% Daily Value*
Total Fat 29g	37%
Saturated Fat 10g	50%
Trans Fat 0g	
Cholesterol 170mg	57%
Sodium 770mg	33%
Total Carbohydrate 10g	4%
Dietary Fiber 3g	11%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 55g	
Vitamin D 2mcg	10%
Calcium 280mg	20%
Iron 2mg	10%
Potassium 1150mg	25%

* 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], **Monterey Jack Cheese** [pasteurized milk, cheese cultures, salt, enzymes], **Sharp Cheddar Cheese** [part-skim milk, cheese cultures, salt, enzymes, anti caking agent (potato starch powdered cellulose, natamycin)], **Zucchini**, **Bell Peppers**, **Pepitas** [pumpkin seed kernels], **Cholula Sauce** [water, peppers (arbol & piquin), salt, vinegar, garlic powder, spices, xanthan gum], **Southwest Seasoning** (Ground Cumin, Sweet Paprika, Smoked Paprika, Dried Oregano, Ground Coriander, Granulated Garlic), **Cilantro-Lime Crema** (Cilantro, Greek Yogurt [pasteurized organic whole milk, organic sweet cream buttermilk, living yogurt cultures: L. acidophilous, L. bulgaricus, S. thermophilus, and Bifidobacterium lactis], Lime Juice [lime], Sea Salt, Ground Coriander, Granulated Garlic)

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.