



## BAKED RICOTTA CHICKEN WITH PESTO GREEN BEANS

*roasted red peppers, mozzarella*

**COOK TIME**  
30 MIN

**SERVINGS**  
2

**CALORIES PER SERVING**  
600

**NET CARBS PER SERVING**  
9 GRAMS

**MENU**  
KETO // GLUTEN-FREE // MEDI

This craveable keto and gluten-free dish was inspired by ultra-cheesy Italian dishes like white pizza and lasagna. Our chefs have ditched the bread crust and noodles, instead layering all that *formaggio* (red-pepper-studded ricotta and melty mozzarella) atop garlic-oregano chicken before baking. While that's in the oven, you'll whip up a side of crisp-tender green beans tossed in a basil pesto with Parmesan. Triple the cheese, triple the fun!

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

**Validate**  
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.

### INGREDIENTS (7 ITEMS)

- 4 oz **Ricotta cheese** M
- 1 oz **Roasted red peppers**
- 6 oz **Green beans**
- 2 (5 oz) **Chicken cutlets\***
- 1 tsp **Oregano-garlic seasoning**
- 2 oz **Mozzarella cheese** M
- 1¼ oz **Basil pesto with Parmesan** M T

### WHAT YOU'LL NEED

- medium sauté pan
- baking sheet
- small bowl
- measuring spoons
- thermometer
- oven mitt
- cooking oil
- salt & pepper

### ALLERGENS

- M MILK
- T TREE NUTS (almonds)

\*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.
- Place **ricotta cheese** and **roasted red peppers** in a small bowl. Season with ¼ teaspoon salt and a pinch of pepper. Stir to combine.
- Trim stem ends off **green beans**. Cut into pieces, about ½ inch long.

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 CHICKEN

- Pat **chicken cutlets** dry with paper towels. Season with **oregano-garlic seasoning**, salt, and pepper.



## 3 BAKE CHICKEN

- Place **chicken cutlets** in a single layer on a lightly oiled, foil-lined baking sheet. Spread **ricotta mixture** over each cutlet. Sprinkle **mozzarella cheese** on top.
- Bake 12-16 minutes, or until fully cooked and cheese has melted.



## 4 COOK GREEN BEANS

- Heat 1½ tablespoons cooking oil in a medium sauté pan over medium-high heat. Add **green beans** to hot pan. Season with ¼ teaspoon salt and a pinch of pepper.
- Cook 4-5 minutes, or until tender, stirring occasionally.
- Stir in **basil pesto with Parmesan**. Season with salt and pepper to taste.



## 5 PLATE YOUR DISH

- Divide **baked ricotta chicken** between plates. Serve **pesto green beans** on the side. Enjoy!





## Nutrition Facts

2 Servings per container

**Serving size** (353g)

Amount per serving

**Calories** **600**

|                               | % Daily Value* |
|-------------------------------|----------------|
| <b>Total Fat</b> 38g          | 49%            |
| Saturated Fat 11g             | 55%            |
| Trans Fat 0g                  |                |
| <b>Cholesterol</b> 190mg      | 63%            |
| <b>Sodium</b> 980mg           | 43%            |
| <b>Total Carbohydrate</b> 12g | 4%             |
| Dietary Fiber 3g              | 11%            |
| Total Sugars 5g               |                |
| Includes 0g Added Sugars      | 0%             |
| <b>Protein</b> 59g            |                |
| Vitamin D 2mcg                | 10%            |
| Calcium 415mg                 | 30%            |
| Iron 3mg                      | 15%            |
| Potassium 852mg               | 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 Cutlets** [chicken], **Ricotta Cheese** [whole milk, skim milk, starter, trace of salt], **Mozzarella Cheese** [part-skim milk, cheese cultures, salt, enzymes, anti caking agent (potato starch powdered cellulose, natamycin)], **Roasted Red Peppers** [bell pepper], **Green Beans**, **Oregano-Garlic Seasoning** (Dried Oregano, Granulated Garlic, Onion Powder, Dried Parsley), **Basil Pesto** (Garlic, Basil, Almonds [almonds], Sea Salt, Lemon Juice [lemon], Olive Oil [olive oil], Parmesan Cheese [pasteurized cow's milk (cheese cultures, salt, and enzymes), cellulose (to prevent caking) and potassium sorbate ], Water, Ascorbic Acid [ascorbic acid])

### Allergen information:

Contains Milk And Tree Nuts

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.