



SEARED CHICKEN WITH SQUASH & BROCCOLI OVER PENNE PASTA

THE **Farmers Market**
AT MARYLAND



[Serves 4]

INGREDIENTS

- » 4 chicken breast (skinless, boneless)

Marinade

- » ½ tsp oregano
- » ½ tsp basil
- » 1½ tbsp vegetable oil
- » 2 tsp fresh lemon juice
- » ½ tsp kosher salt
- » ½ tsp black pepper

Vegetables and pasta

- » 3 tbsp vegetable oil
- » ½ cup zucchini (medium chopped)
- » ½ cup yellow squash (medium chopped)
- » ½ cup onions (small chopped)
- » ¼ tsp garlic (finely chopped)
- » 2 cup chicken stock
- » 2½ cup diced tomatoes
- » ½ cup fresh broccoli (chopped bite size)
- » ½ tsp oregano
- » 1 tsp basil
- » 4 cup water
- » 2 tbsp salt
- » 2 cup penne pasta
- » black pepper to taste
- » 1 tsp fresh basil (chiffonade cut)
- » 2 tbsp shredded Parmesan cheese





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PREPARATION

1. Marinate chicken breast in spices, oil, and lemon juice for at least 1 hour.
2. Over medium heat add oil to a sauté pan and allow to become hot. Take chicken out of marinade and drain excess marinade.
3. Move sauté pan off flame and add the chicken skin down by placing it in the pan from back to front away from you.
4. Sear the chicken on one side until golden brown. Then turn over and sear the opposite side. Remove chicken and place in 350°F oven until internal temp of chicken is 165°F.
5. Return sauté pan to medium heat and add oil as needed.
6. When oil is hot, add zucchini and yellow squash and cook to golden brown, stir and brown on other side.
7. After squash has browned, add onions and garlic, and cook until onions are translucent.
8. Add a small amount of chicken stock to deglaze pan.
9. Add tomatoes, broccoli, oregano, and basil. Stir well and bring to a high simmer. Cover and simmer 10 minutes.
10. Add chicken broth to stop scorching or burning. Add salt and pepper to taste.
11. Meanwhile, bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes.
12. When pasta is al dente, drain and add to tomato sauce and toss lightly.
13. Remove chicken from oven, allow to rest for 3 minutes and then slice on a bias.
14. Plate pasta, adding sliced chicken over the top or on the side.
15. Top with Parmesan cheese and fresh basil.
16. Serve immediately.