



NUTRITION per serving 35g carbohydrates 9g fat 44g protein 926mg sodium | low-calorie, low-carb, gluten-free, dairy-free, soy-free, shellfish-free, nut-free



Calories
406



Prep & Cook Time
25-35 min.



Cook Within
5 days



Difficulty
Easy



Spice Level
Not Spicy



HOME CHEF

Tuscan Chicken

with rainbow vegetable skewers

IN YOUR BOX

- 2 Garlic Cloves
- 1 Tbsp. Italian Seasoning Blend
- 2 Boneless Skinless Chicken Breasts
- 1 Red Onion
- 1 Red Bell Pepper
- 1 Orange Bell Pepper
- 1 Yellow Squash
- 1 Zucchini
- 6 Wooden Skewers
- 2/3 fl. oz. Balsamic Glaze

IN YOUR KITCHEN

- Olive Oil
- Salt
- Pepper
- Cooking Spray
- Baking Sheet
- 2 Mixing Bowls
- Medium Non-Stick Pan

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BEFORE YOU COOK

- Take a minute to read through the recipe before you start—we promise it will be time well spent!
- Preheat the broiler
- Thoroughly rinse produce and pat dry
- Prepare a baking sheet with foil and cooking spray

WHILE YOU COOK

- **Salt** refers to **kosher salt** in this recipe—it has bigger grains and is easier to pinch than table salt, allowing more control over flavor. If using regular table salt, reduce measured amounts by half.
- Don't text and broil! Some broilers may be hotter than others. Keep a close eye on **chicken** and **skewers** while they are under the broiler.

FROM THE CHEF

Be sure to cover exposed ends of skewers with foil before placing in broiler to prevent scorching.

Did you know...

The aromatic Italian seasoning is a blend of thyme, oregano, and parsley.



Marinate the Chicken

Mince **garlic**. Place **Italian seasoning**, garlic, 2 tsp. **olive oil**, ½ tsp. **salt**, and ¼ tsp. **pepper** in a medium mixing bowl and mix together thoroughly. Rinse **chicken breasts** and pat dry. Add **chicken breasts** to bowl, toss to coat, and marinate at least 10 minutes.



Prepare the Ingredients

While chicken is marinating, peel and halve **onion**. Cut halves into 1" dice. Stem, seed, and cut **red bell pepper** and **orange bell pepper** into 1" dice. Trim **yellow squash** and **zucchini** ends and cut each into ½" slices.



Assemble the Skewers

Combine **peppers**, **onions**, **zucchini**, and **squash** in a medium mixing bowl and toss with 1 Tbsp. **olive oil**, ½ tsp. **salt**, and ¼ tsp. **pepper**. Alternate vegetables on **wooden skewers**, and place assembled skewers on one half of prepared baking sheet.



Sear the Chicken

Heat 2 tsp. **olive oil** in a medium non-stick pan over medium-high heat. Remove **chicken breasts** from marinade and add to hot pan. Cook 2 minutes per side, or until lightly browned. Discard marinade.



Broil Skewers and Finish Chicken

While chicken sears, cover exposed ends of **skewers** with foil. Broil 4 minutes, then carefully remove from broiler and flip skewers. Add seared **chicken** to other half of baking sheet and return to broiler 4-5 minutes, or until chicken reaches a minimum internal temperature of 165 degrees and vegetables are tender. *Watch vegetables and chicken carefully, as some broilers are hotter than others!*



Plate the Dish

Serve three **skewers** on a plate. Place **chicken breast** next to skewers and drizzle chicken with **balsamic glaze**.