



Pomegranate - Honey Chicken With Acorn Squash



Ingredients



- 1 medium Acorn Squash
- 1 bunch of mint
- Pinch of cayenne pepper
- 4- 6 oz. boneless, skinless chicken breasts
- 1/3 cup pomegranate juice
- 1/4 cup honey
- 1 Tbsp. balsamic vinegar
- 1/3 cup crumbles feta cheese
- 1/3 cup pomegranate seed



Directions



- Heat oven to 425. Remove seeds from the squash and cut into slices that are 3/4 inch thick. Chop the mint and set aside.
- On a large baking sheet, toss squash slices with 1 Tbsp. olive oil, 1/2 tsp. kosher salt and pinch cayenne.
- Roast until golden brown and tender, about 20-25 minutes.
- Season chicken breast with 1/2 tsp. kosher salt and 1/4 tsp. pepper.
- Heat 1 Tbsp. olive oil in a large skillet over medium heat-add chicken to the pan and cook until golden brown-about 6-8 minutes.
- Remove from pan and set aside. Add pom juice to pan and cook, scraping up any brown bits for about 1 minute. Add honey and balsamic vinegar and cook until thick and syrupy-3-5 minutes
- Brush chicken with glaze, sprinkle squash with feta cheese, add seeds and mint before serving. Add more sauce as desired

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



Pomegranate - Honey Chicken With Acorn Squash



Ingredients



- 1 medium Acorn Squash
- 1 bunch of mint
- Pinch of cayenne pepper
- 4- 6 oz. boneless, skinless chicken breasts
- 1/3 cup pomegranate juice
- 1/4 cup honey
- 1 Tbsp. balsamic vinegar
- 1/3 cup crumbles feta cheese
- 1/3 cup pomegranate seed



Directions



- Heat oven to 425. Remove seeds from the squash and cut into slices that are 3/4 inch thick. Chop the mint and set aside.
- On a large baking sheet, toss squash slices with 1 Tbsp. olive oil, 1/2 tsp. kosher salt and pinch cayenne.
- Roast until golden brown and tender, about 20-25 minutes.
- Season chicken breast with 1/2 tsp. kosher salt and 1/4 tsp. pepper.
- Heat 1 Tbsp. olive oil in a large skillet over medium heat-add chicken to the pan and cook until golden brown-about 6-8 minutes.
- Remove from pan and set aside. Add pom juice to pan and cook, scraping up any brown bits for about 1 minute. Add honey and balsamic vinegar and cook until thick and syrupy-3-5 minutes
- Brush chicken with glaze, sprinkle squash with feta cheese, add seeds and mint before serving. Add more sauce as desired

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!