

Seared Chicken & Roasted Acorn Squash

with Sautéed Kale & Chestnut Pan Sauce

Seared in a hot pan, juicy, crispy-skinned chicken is delicious enough on its own. But in this recipe, we're serving our chicken under a very special pan sauce—made with honey, lemon juice, fresh rosemary and (in true holiday spirit) chestnuts. As sides for this gourmet entrée, we're serving sautéed kale with seasonal acorn squash, roasted with a little nutmeg to accent its delightfully nutty, sweet flavor. Let's celebrate great company with great food, chefs!



Ingredients

- 4 Boneless, Skin-On Chicken Breasts
- 1 Acorn Squash
- 1 Bunch Kale
- 1 Lemon
- 1 Yellow Onion
- 1 Bunch Rosemary

Knick Knacks

- 2 Tablespoons Butter
- 2 Tablespoons Roasted, Peeled Chestnuts
- 1 Tablespoon Honey
- 1 Teaspoon Ground Nutmeg

Makes 4 Servings

About 540 Calories Per Serving

Prep Time: 15 min | Cook Time: 25 to 35 min



1



Prepare the ingredients:

Preheat the oven to 450°F. Wash and dry the fresh produce. Using a sturdy knife, cut off and discard both ends of the squash; halve lengthwise, then scoop out and discard the pulp and seeds. Slice the squash crosswise into ½-inch-thick pieces. Peel, halve and thinly slice the onion. Remove and discard the kale stems; roughly chop the leaves. Finely chop the chestnuts. Pick the rosemary leaves off the stems; discard the stems and roughly chop the leaves. Quarter and deseed the lemon.

2



Roast the squash:

Place the **squash** on a sheet pan. Drizzle with olive oil and season with salt, pepper and the **nutmeg**; toss to thoroughly coat. Arrange in a single, even layer. Roast, flipping halfway through, 24 to 26 minutes, or until golden brown and tender when pierced with a fork. Remove from the oven; transfer to a serving dish and set aside in a warm place.

3



Cook the kale:

While the squash roasts, in a large pan, heat 1 tablespoon of olive oil on medium-high until hot. Add the **onion**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until softened. Add the **kale** and ¼ **cup of water**; season with salt and pepper. Cook, stirring occasionally, 3 to 5 minutes, or until the kale has wilted and the water has evaporated. Transfer to a serving dish and set aside in a warm place. Wipe out the pan.

4



Cook the chicken:

While the squash continues to roast, pat the **chicken** dry with paper towels; season with salt and pepper on both sides. In the pan used to cook the kale, heat 1 tablespoon of olive oil on medium-high until hot. Add the seasoned chicken, skin sides down. Cook 4 to 6 minutes per side, or until browned and cooked through. Transfer to a serving dish and set aside in a warm place, leaving any browned bits (or fond) in the pan.

5



Make the pan sauce:

To the pan of reserved fond, add the **honey**, **chestnuts**, **rosemary**, the **juice of all 4 lemon wedges** and ¼ **cup of water**; season with salt and pepper. Cook on medium-high, stirring occasionally and scraping up any fond from the bottom of the pan, 2 to 3 minutes, or until slightly reduced in volume. Stir in the **butter** until melted and thoroughly combined. Remove from heat and season with salt and pepper to taste.

6



Serve your dish:

Top the **cooked chicken** with the **pan sauce**. Serve with the **roasted squash** and **cooked kale** on the side. Enjoy!