

Parmesan-Baked Chicken & Cheesy Pesto Squash

with Artichoke, Balsamic Onion & Romaine Salad


4 SERVINGS

⌚ 40-50 MINS

 **Blue Apron**
blueapron.com




Ingredients*


 4 Boneless, Skinless Chicken Breasts


 1 Red Onion

 ¼ cup Marinated Artichoke Hearts


 0.7 oz Grana Padano Cheese

 ¼ cup Mayonnaise


 ½ cup Panko Breadcrumbs

 2 oz Balsamic-Marinated Cipolline Onions

 ¼ cup Grated Parmesan Cheese


 1 ½ tsps Calabrian Chile Paste


 ⅓ cup Basil Pesto

 2 Romaine Lettuce Hearts

 2 Squash

 2 oz Fontina Cheese

 2 Tbsps Red Wine Vinegar

 1 tsp Whole Dried Oregano



Serve with Blue Apron wine that has this symbol
blueapron.com/wine

Cook along on the app



The Blue Apron app doesn't just help you manage and track your weekly deliveries—it's also a hub for cooking inspiration! Browse our thousands of recipes, watch how-to videos, and cook along to your weekly recipes with step-by-step directions tailored to your meal's preferences. Download it from the App Store or Google Play today.

*Ingredients may be replaced and quantities may vary.



"Alexa, find Blue Apron recipes."

1 Prepare the ingredients & marinate the vegetables

- Arrange two oven racks in the upper and lower thirds of the oven; preheat to 450°F.
- Wash and dry the fresh produce.
- Halve the **squash** lengthwise; using a spoon, scoop out and discard the pulp and seeds.
- Grate the **fontina** on the large side of a box grater.
- Roughly chop the **lettuce**.
- Crumble the **Grana Padano** into small pieces.
- Halve, peel, and thinly slice the **red onion**.
- Roughly chop the **artichokes**.
- Roughly chop the **cipolline onions**.
- In a bowl, combine the **breadcrumbs**, **mayonnaise**, **parmesan**, and **as much as of the chile paste as you'd like**, depending on how spicy you'd like the dish to be.
- In a separate, large bowl, combine the **sliced red onion**, **vinegar**, **oregano**, **chopped artichokes**, **chopped cipolline onions**, and **3 tablespoons of olive oil**; season with salt and pepper. Set aside to marinate, stirring occasionally, at least 10 minutes.



2 Make the cheesy pesto squash

- Line two sheet pans with foil.
- Place the **prepared squash** on one sheet pan. Drizzle with **olive oil** and season with salt and pepper. Turn to coat and arrange in an even layer, skin side down.
- Place on the lower oven rack and bake 22 to 26 minutes, or until browned and tender when pierced with a fork.



Step 2 continued:

- Leaving the oven on, remove from the oven. Evenly top with the **pesto** and **grated fontina**.
- Return to the lower oven rack and bake 3 to 5 minutes, or until the cheese is melted.
- Remove from the oven.

3 Prepare & bake the chicken

- Meanwhile, pat the **chicken** dry with paper towels; season with salt and pepper on both sides.
- Transfer to the remaining sheet pan.
- Evenly top with the **breadcrumb mixture**, pressing gently to adhere.
- Place on the upper oven rack and bake 19 to 21 minutes, or until the topping is browned and the chicken is cooked through.*
- Remove from the oven.



4 Make the salad & serve your dish

- Meanwhile, to the bowl of **marinated vegetables**, add the **chopped lettuce**; season with salt and pepper. Toss to combine.
- Serve the **baked chicken** with the **cheesy pesto squash** and **salad**. Garnish the salad with the **crumbled Grana Padano**. Enjoy!



*The USDA recommends a minimum safe cooking temperature of 165°F for chicken.

To view this recipe's full nutrition information, SEE FULL RECIPE in the current tab of your account at blueapron.com or in the Blue Apron app, then click on VIEW FULL NUTRITION. If you purchased this recipe outside of blueapron.com, nutrition information can be found on the retailer's product page. | Food safety handling information: blog.blueapron.com/foodsafety

CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).

Produced in a facility that processes crustacean shellfish, egg, fish, milk, peanuts, soy, tree nuts, and wheat.

Blue Apron, LLC, New York, NY 10005

[f](#) [t](#) [@](#) Share your photos with #blueapron



100322, FPP