



Balsamic Chicken over Spaghetti Squash with Zucchini Au Gratin

FOR THE CHICKEN

INGREDIENTS

1/3 cup balsamic vinegar
1/2 cup chicken broth
2 tablespoons white sugar
1 clove garlic, minced

1 teaspoon dried Italian herb seasoning
4 skinless, boneless chicken breast halves
1 tablespoon olive oil

DIRECTIONS

Step 1

Whisk together the balsamic vinegar, chicken broth, sugar, garlic, and Italian seasoning in a bowl, place the chicken breasts in the marinade, and marinate for 10 minutes on each side.

Step 2

Heat the olive oil in a large skillet over medium-high heat. Remove the chicken from the marinade and reserve the marinade. Place the chicken in the heated pan and cook until they start to brown and are no longer pink inside, about 7 minutes per side. Pour the marinade into the skillet, and cook until it thickens slightly, turning the chicken breasts over once or twice, about 5 minutes.



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FOR THE SPAGHETTI SQUASH

INGREDIENTS

1 spaghetti squash, halved lengthwise and seeded
2 tablespoons vegetable oil
1 onion, chopped
1 clove garlic, minced
1 ½ cups chopped tomatoes
¾ cup crumbled feta cheese
3 tablespoons sliced black olives
2 tablespoons chopped fresh basil

DIRECTIONS

Preheat oven to 350 degrees F (175 degrees C). Lightly grease a baking sheet.

Place spaghetti squash with cut sides down on the prepared baking sheet, and bake 30 minutes in the preheated oven, or until a sharp knife can be inserted with only a little resistance. Remove squash from oven and set aside to cool enough to be easily handled.

Meanwhile, heat oil in a skillet over medium heat. Cook and stir onion in oil until tender. Add garlic; cook and stir until fragrant, 2 to 3 minutes. Stir in tomatoes and cook until tomatoes are warmed through.

Use a large spoon to scoop the stringy pulp from the squash and place in a medium bowl. Toss with the vegetables, feta cheese, olives, and basil.

Slice chicken and place on top.

ZUCCHINI AU GRATIN

INGREDIENTS

1 large zucchini, sliced thin & cut in half circles
½ cup freshly grated Parmesan cheese
4 tablespoons butter
1 small onion, sliced thin
¼ cup of beef broth
1 cup cheese of your choice (for example, mozzarella and asiago mix)
3 large cloves of garlic, minced
½ teaspoon of salt
½ teaspoon pepper
½ cup heavy cream

INSTRUCTIONS

In a large oven-proof skillet, melt butter with the onions until lightly caramelized, then add in the fresh garlic and sauté for about 1 minute on medium heat.

Add in the beef broth, salt, pepper and heavy cream into the onion/garlic mixture and stir to combine. Allow it to slightly begin to bubble, then add in the Parmesan cheese and stir.

Add in the sliced zucchini and cook an for an additional 5 minutes until softened.

Top with your cheese of choice evenly across the entire top and bake at 425F for about 12-15 minutes or until the cheese begins to brown to your liking.