



SIMPLE, FRESH FARM BOX MEALS

APR 11, 2022

Simple recipes so we can eat well & support local agriculture

Balsamic Chicken with Corn & Swiss Chard

YOU'LL NEED

Balsamic Marinade

- 4 Skinless, boneless chicken breasts
- ¼ C extra virgin olive oil
- 3 tbs balsamic glaze
- 3 tbs tomato paste
- 1 tbs Dijon mustard
- 1 tsp honey
- 1 lemon juiced
- 4-5 cloves minced garlic
- 1 tsp each of fresh thyme, dried oregano, & sweet paprika
- 2 tsp kosher salt
- 12 oz pasta of your choice linguine or bucatini are great!
- ½ oz parmesan
- ½ C heavy cream
- Freshly ground black pepper

Swiss Chard & Corn

- 1 bunch Swiss chard chopped separate leaves and stems
- 4 ears of fresh corn or 1 ¾ cup
- 2 slices thick cut bacon (optional)
- 2 tbs unsalted butter
- 3 scallions sliced
- Kosher salt & fresh ground pepper

ALL YOU HAVE TO DO

- Make the balsamic marinade by combining extra virgin olive oil, balsamic glaze, tomato paste, honey, & lemon juice & whisk. Then add minced garlic & the rest of the marinade seasonings, whisk well.
- Season chicken breast w/ salt & pepper & toss with the marinade, let it sit in the fridge for 1-2 hours OR set aside at room temp for 20 min.
- Wash the Swiss chard & chop, keep the leaves & stems separate.
- Preheat the oven to 425°F & arrange chicken breast in a baking dish or oven safe skillet & bake for about 30 minutes or until internal temp reaches 165°F
- In the meantime, heat a medium size skillet over med/high heat & cook bacon until brown & crisp (optional).
- Add the corn & Swiss Chard stems to the skillet & sauté until corn is tender & lightly browned, stir occasionally.
- Add the butter, scallions, & chard leaves & sauté until the chard is just beginning to wilt, season w/ salt & pepper to taste.
- Slice your balsamic chicken & serve over your yummy corn & Swiss chard - Enjoy!

Tasty bits:

- This is a great recipe for the grill! It gives you a delicious char on your chicken breast.
- You can also roast your ears of corn before removing them from the cob. This is sure to add a depend flavor to the whole dish!
- Wed also like to mention that this balsamic marinade works well with vegan options like tofu and multiple veggies.
- Last but not least don't skip the honey! Such a small amount seem like it would make a difference but any home cook or 5-star chef will tell you that it really does! Its all about balance.



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supporting local!*

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