lemon thyme chicken with sautéed squash ribbons

TOTAL TIME
30 minutes
MAKES 4
SERVINGS

APRON'S ADVICE

Complete your meal with multigrain pasta, warm dinner rolls, and Bakery fruit pastries. You can also make cucumber ribbons by following the same steps as in the squash recipe. Toss with your favorite salad dressing and enjoy a salad that looks fancy without a lot of effort.

SHOPPING LIST

Dry Grocery
1 tbsp cornstarch
1 can (14-oz) reduced-sodium chicken broth
3/4 cup white wine

Meat
1 3/4 lb boneless, skinless chicken breasts

Produce
1 bag (1-oz) fresh oregano
1 bag (1-oz) fresh thyme
1 lemon
2-3 medium yellow squash
1-2 medium zucchini
1/2 tsp minced garlic

From Your Pantry
1 tbsp butter
1 tbsp canola oil
1 tsp kosher salt

PUBLIX Aprons SIMPLE MEALS

FOR MORE RECIPES, VISIT
publix.com/aprons

COOKING SEQUENCE

- Prepare chicken through step 2 - 15 minutes
- While chicken cooks, prepare squash; complete chicken and serve - 15 minutes

lemon thyme chicken

INGREDIENTS

1 3/4 lb boneless, skinless chicken breasts
1/2 teaspoon kosher salt
1/4 teaspoon pepper
1 tablespoon canola oil
2 tablespoons lemon juice
3/4 cup white wine
1 (14-oz) can reduced-sodium chicken broth
8–10 whole sprigs fresh thyme
4–6 whole sprigs fresh oregano
1 tablespoon cornstarch
2 tablespoons water

STEPS

1. Preheat large sauté pan on medium-high 2–3 minutes. Season chicken with salt and pepper (wash hands). Place oil in pan and then add chicken; cook 2–3 minutes on each side or until lightly browned.
2. Stir in lemon juice, wine, broth, thyme, and oregano; cover. Cook and stir 8–10 minutes, turning chicken occasionally, or until 165°F. Remove chicken, thyme, and oregano from pan.
3. Combine cornstarch and water until smooth; pour into pan and bring to a boil. Cook and stir 2–3 minutes or until thickened. Slice chicken, top with sauce, and serve.

CALORIES (per 1/4 recipe) 300kcal; FAT 8g; CHOL 110mg; SODIUM 490mg; CARB 4g; FIBER 0g; PROTEIN 41g; VIT A 0%; VIT C 6%; CALC 2%; IRON 8%

sautéed squash ribbons

INGREDIENTS

1–2 medium zucchini
2–3 medium yellow squash
1 tablespoon butter
1/2 teaspoon minced garlic
1/2 teaspoon kosher salt
1/8 teaspoon pepper

STEPS

1. Cut zucchini and squash thinly, using vegetable peeler, down length of squash until reaching seeds. Rotate squash and continue cutting ribbons until only seeds remain.
2. Preheat large sauté pan on medium-high 2–3 minutes. Place butter in pan and then add garlic; cook and stir 2–3 minutes or until softened.
3. Add squash ribbons, salt, and pepper; cook and stir 3–4 minutes or just until tender. Serve.

CALORIES (per 1/4 recipe) 40kcal; FAT 3g; CHOL 10mg; SODIUM 140mg; CARB 4g; FIBER 1g; PROTEIN 1g; VIT A 15%; VIT C 8%; CALC 2%; IRON 2%

© 2011 Publix Super Markets Inc.