



RENEWAL
Garden & Compost

CSA:

Corn
Garlic
Green Beans
Summer Squash

Lemon Chicken Dinner



SHOPPING LIST:

Skin-on Chicken Breast
Yellow Potatoes
Grated Parmesan Cheese
Lemon
Flour
Oil, Butter (butter optional)
Salt & Pepper (S&P)



RECIPE:

Step 1: Prep ingredients

Preheat oven to 425°F. Cut corn off cobb, trim green beans, and small dice summer squash and potatoes. Mince garlic; zest and halve the lemon. Trim excess fat from chicken.

Step 2: Cook sides

Mix corn, squash, and potatoes on a sheet pan with oil, S&P. Toss green beans in oil, S&P and use a separate pan to prevent crowding. Cook until potatoes are soft, ~20mins

Step 3: Cook Chicken

Heat oil in a skillet over medium-high heat. Dust skin of chicken with flour & parm cheese, & place in skillet skin-side down. After 5-6 minutes, flip over and cook until 165°F.

Step 4: Make a Pan Sauce

Remove chicken from pan & reduce heat to low. Add 1tbs each of butter, garlic, flour, & parm cheese. Whisk to combine until simmering, turn off heat and season with S&P.

Step 5: Finish

Add lemon zest & a squeeze of lemon juice to sauce, add more parm as desired. Toss chicken in sauce and use any extra lemon to dress the green beans. Plate and serve!

Helpful Tips:

Skin-on chicken contains more fat—it's fun to have as a treat! Remove if you wish.

This challenging recipe can be simplified by omitting the sauce. Add lemon as a garnish!

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