

Roasted Chicken Breast with Tomato-Onion Jam & Summer Vegetable Saute

2 SERVINGS | HANDS ON TIME: 10 minutes | TOTAL TIME: 35 minutes

Windy Meadows Family Farm Bone-in Chicken Breast, thawed
Martinez Farms Okra, washed
Braune Farm Banana Pepper, washed
J & B Farms Corn
Farmhouse Kitchen Tomato-Onion Jam
Sea salt and fresh cracked black pepper
Olive oil

STEP 1 Preheat oven to 425°F degrees and adjust oven rack to middle position. Pat the chicken dry with paper towels. Season both sides with salt and pepper. Set aside at room temperature.

STEP 2 While the oven is preheating, prepare the vegetables. Remove the seeds and stem from the peppers and cut into strips or rings, about ½” wide. Trim just the tops of the stem from the okra and then cut in half. Shuck the corn and shave the kernels from the cob. Set the corn stem-side down in a wide bowl. Hold the corn upright with your non-dominant hand. Use a sharp paring knife to shave the kernels from the cob by slicing in a downward motion. The kernels will fall into the bowl. Rotate the corn until all kernels have been removed. Set vegetables aside.

STEP 3 Place a large cast-iron skillet over medium heat. When the pan just begins to smoke, add 1 tbsp. oil and swirl to coat. Place the chicken skin side down in the skillet and cook for 5-7 minutes, or until the skin is golden brown and releases easily from the pan. Flip the chicken over and add the pan to the oven. Roast for 15-20 minutes or until the internal temperature, when measured at the thickest part, reaches 160°F. (Note: The size of the chicken pieces may vary. We recommend checking the temperature of smaller pieces and removing them earlier in the cooking process, as needed.) Transfer the roasted chicken breasts to a clean plate to rest.

STEP 4 Place the skillet used to roast the chicken over medium heat. Do not discard the chicken fat or juices. When the fat and juices begin to sizzle, add the sliced peppers and okra. Season with ¼ tsp. salt and pepper. Saute for 3 minutes until the okra and peppers become crisp tender. The okra will turn a bright green and the peppers will lightly brown. Add the shaved corn and saute for 2 minutes until just cooked through. Season with additional salt and pepper to taste.

STEP 5 Heat the tomato-onion jam in a small saucepan until just warmed through or microwave for 15-20 seconds in a microwave-safe bowl.

STEP 6 To serve, add a bed of the sauteed summer vegetables to the serving plates. Add the roasted chicken breast on top. Spoon the tomato-onion jam over the chicken. Enjoy!