

## One-Pan Crispy Chicken Thighs Sweet Pepper Agrodolce

**2 SERVINGS | HANDS ON TIME: 15 | TOTAL TIME: 30**

Windy Meadows Boneless Chicken Thighs, thawed  
Farmhouse Kitchen Red Pepper Agrodolce, stirred well before use  
Farmhouse Kitchen Roasted Garlic Dressing, stirred well before use  
Farmhouse Kitchen-prepared Fruitful Hill Farms Butternut Squash  
J & B Farm Green Beans, washed, ends trimmed  
Up on the Roost Fava or Pea Sprouts, washed and dried well  
Salt and pepper  
Olive or vegetable oil

**STEP 1** Chop the green beans into 2" pieces and set aside. Wash and dry the shoots.

**STEP 2** Heat a large skillet over medium-high heat with 1 tbsp. oil. While the pan heats, pat chicken dry with paper towel. Season both sides with salt and pepper. Once oil begins to simmer, place chicken skin side down in the skillet. Sear for 4-5 minutes or until skin is golden brown and no longer sticks to the pan. Flip chicken over and cook for another 7-8 minutes or until internal temperature, when measured at the thickest part, reaches 165°F. Transfer chicken to a clean plate and loosely tent with foil. Set aside.

**STEP 3** Return the skillet with fat to stove and reduce heat to medium. Add 1-2 tbsp. oil, if needed. Add chopped butternut squash and season with ½ tsp. salt and pepper. Saute for 5 minutes until lightly browned. Add the chopped green beans and stir. Cover with a lid and continue cooking for 10-15 minutes, stirring occasionally. Remove from heat when squash is soft, and green beans are crisp-tender. Drizzle with roasted garlic dressing and season with salt and pepper to taste.

**STEP 4** To serve, add squash and green beans to serving plates. Top with crispy chicken thighs. Spoon the sweet pepper agrodolce over the chicken. Garnish with shoots.

Enjoy!

**STORAGE TIPS *INGREDIENTS BEST USED WITHIN 5 DAYS***

Boneless Chicken Thighs - Keep frozen until 24-48 hrs before ready to use. Thaw in a bowl in the refrigerator overnight.

Red Pepper Agrodolce - Store in the refrigerator. Use within 5 days.

(Ingredients: Village Farms tomato juice, roasted Johnson's Backyard Garden sweet peppers, sugar, Patty's Herbs thyme, distilled vinegar)

Roasted Garlic Dressing - Store in the refrigerator. Use within 5 days.

(Ingredients: roasted Fruitful Hill Farms rose garlic oil, balsamic vinegar)

Chopped Butternut Squash - Store in the refrigerator. Use within 5 days.

Green Beans - Store in the plastic bag in which they came in the crisper drawer of the refrigerator. Use within 5 days.

Fava or Pea Sprouts - Wrap in a paper towel and place in a plastic bag in the refrigerator. Use within 5 days.

**\*Not made with gluten, dairy, egg, nuts, fish or shellfish containing ingredients.**

**\*\*Prepared in a facility that may contain gluten, dairy, egg, nuts, fish and shellfish.**

## One-Pan Crispy Chicken Thighs Sweet Pepper Agrodolce

**4 SERVINGS | HANDS ON TIME: 15 | TOTAL TIME: 30**

Windy Meadows Boneless Chicken Thighs, thawed  
Farmhouse Kitchen Red Pepper Agrodolce, stirred well before use  
Farmhouse Kitchen Roasted Garlic Dressing, stirred well before use  
Farmhouse Kitchen-prepared Fruitful Hill Farms Butternut Squash  
J & B Farm Green Beans, washed, ends trimmed  
Up on the Roost Fava or Pea Sprouts, washed and dried well  
Salt and pepper  
Olive or vegetable oil

**STEP 1** Chop the green beans into 2” pieces and set aside. Wash and dry the shoots.

**STEP 2** Heat a large skillet over medium-high heat with 2 tbsp. oil. While the pan heats, pat chicken dry with paper towel. Season both sides with salt and pepper. Once oil begins to simmer, place chicken skin side down in the skillet. Sear for 4-5 minutes or until skin is golden brown and no longer sticks to the pan. Flip chicken over and cook for another 7-8 minutes or until internal temperature, when measured at the thickest part, reaches 165°F. Transfer chicken to a clean plate and loosely tent with foil. Set aside. (You may need to sear chicken in multiple batches depending on pan size)

**STEP 3** Return the skillet with fat to stove and reduce heat to medium. Add 1-2 tbsp. oil, if needed. Add chopped butternut squash and season with 1 tsp. salt and pepper. Saute for 5 minutes until lightly browned. Add the chopped green beans and stir. Cover with a lid and continue cooking for 10-15 minutes, stirring occasionally. Remove from heat when squash is soft, and green beans are crisp-tender. Drizzle with roasted garlic dressing and season with salt and pepper to taste.

**STEP 4** To serve, add squash and green beans to serving plates. Top with crispy chicken thighs. Spoon the sweet pepper agrodolce over the chicken. Garnish with shoots.

Enjoy!

**STORAGE TIPS *INGREDIENTS BEST USED WITHIN 5 DAYS***

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(Ingredients: roasted Fruitful Hill Farms rose garlic oil, balsamic vinegar)

Chopped Butternut Squash - Store in the refrigerator. Use within 5 days.

Green Beans - Store in the plastic bag in which they came in the crisper drawer of the refrigerator. Use within 5 days.

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