

Winner Winner Chicken Dinner

Cumberland's Best
Cumberland County High School

Ingredients:

2 pound chicken breast or boneless thighs cut into slices or chunks
(USDA Commodity)

recipe makes 6 servings

1/2 cup olive oil

1/3 cup lemon juice

4 tablespoons butter

2 Tablespoon minced garlic

1/2 cup honey

1 Tablespoon lemon thyme

2 cup carrots, sliced

2 cup green onions, chopped (reserve 6 green onions for garnish)

1 cup red bell pepper, and 1 cup of green pepper sliced

4 cups of Honey Crisp apples, sliced

1 teaspoon salt and pepper to taste

Directions:

- 1 Preheat oven to 350 degrees Fahrenheit.
- 2 Trim fat from chicken and cut into slices or chunks. Sear chicken pieces with butter, oil, salt and pepper in sauté pan until lightly brown. Cover and cook for 20-25 minutes
Check the internal temperature of chicken has reached 165 degrees F
3. Slice all the fruit and vegetables and place on a baking pan
- 4 In a small bowl whisk olive oil, lemon juice, minced garlic, honey, lemon thyme.
- 5 Drizzle about ½ the small bowl of mixture over the fruit and vegetables and place pan in the oven and cook for 20-25 minutes
- 6 Make green onion curls/or brushes for garnish.
- 7 Place the remaining liquid from the bowl in a sauce pan on stove and warm to drizzle over the chicken, fruit and vegetables once on the plate and then garnish.