



AUG
2016

Pesto Chicken Skewers

with Tomato, Cucumber, and Corn Salad

The best way to transform an ordinary chicken dinner from drab to fab? Use the thighs. Our chefs love the bit of extra fat on this cut of meat because it lends a deep flavor and crisp texture without the skin. We have a feeling you're going to love it as well, but feel free to trim off some of the fat before cooking if you'd like.



Prep: 10 min
Total: 30 min



level 1



nut free



gluten free



Chicken Thighs



Pesto



Heirloom Grape Tomatoes



Corn on the Cob



Cucumber



Parmesan Cheese



Wooden Skewers

Ingredients

		2 People	4 People
Chicken Thighs		12 oz	24 oz
Pesto	1)	2 T	4 T
Heirloom Grape Tomatoes		4 oz	8 oz
Corn on the Cob		2 Ears	4 Ears
Cucumber		1	2
Parmesan Cheese	1)	¼ Cup	½ Cup
Wooden Skewers		4	8
Butter*	1)	1 T	2 T
Oil*		1 t	2 t

*Not Included

Allergens

1) Milk

Tools

Peeler, 2 Small bowls,
Baking sheet,
Medium bowl

Nutrition per person Calories: 460 cal | Fat: 25 g | Sat. Fat: 9 g | Protein: 43 g | Carbs: 24 g | Sugar: 9 g | Sodium: 367 mg | Fiber: 3 g



1

1 Prep: Wash and dry all produce. Preheat the broiler to high or oven to 500 degrees. (**TIP:** This recipe also works on the grill! If you have access to one, fire it up!) Soak the **wooden skewers** in water. Halve the **tomatoes**. Peel and dice the **cucumber**. Take the **butter** out of the fridge to allow it to come to room temperature. Cut the **chicken** into 1-inch pieces. Shuck the **corn**.



2

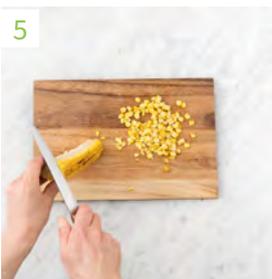
2 Make the pesto butter: Divide the **pesto** evenly between 2 small bowls. Mix the softened **butter** into one of the bowls, using your hands to combine if it isn't soft enough.



4

3 Broil the corn: Place the **corn** on a baking sheet. Place under the broiler (or on the grill) for 8-10 minutes, turning occasionally, until slightly charred on all sides. Remove from the baking sheet and set aside.

4 Broil the skewers: Meanwhile, thread the **chicken** onto the **skewers**. Season on all sides with **salt** and **pepper**. After the **corn** is done, place the skewers onto the same baking sheet. Coat the top of the **chicken** with half of the plain **pesto** (not the pesto butter). Broil 6-7 minutes, flip, and drizzle with the remaining pesto. Broil another 6-7 minutes, until cooked through and slightly charred.



5

5 Make the salad: While the **chicken** cooks, cut the **corn kernels** off the cob. In a medium bowl, combine the **corn**, **cucumber**, **tomato**, **Parmesan cheese**, and a drizzle of **oil**. Season with **salt** and **pepper**.

6 Finish: Drizzle the **chicken skewers** with the **pesto butter**. Serve on a bed of **tomato**, **cucumber**, and **corn salad**. Drizzle any remaining pesto butter over the dish and enjoy!

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