

CHICKEN SKILLET COMBO

Servings: Up to 2

Cooking Time: 2



INGREDIENTS

- 1 Whole Farmer Focus Boneless-Skinless Chicken Breast, halved, pounded to 3/4 inch
- 4 Tablespoons olive oil
- 2 Tablespoons dijon mustard
- Fresh rosemary, 2 sprigs
- 2 Baby eggplants, halved lengthwise
- 2 Small zucchini, halved lengthwise
- 2 Vine ripened tomatoes, halved lengthwise
- Salt, pepper to taste
- 4 Slices mozzarella cheese
- 4 Radicchio leaves

DIRECTIONS

Marinate the chicken

1. Combine marinade in a small bowl – 4 teaspoons olive oil, 2 tablespoons mustard, and rosemary; put in a plastic bag, add chicken breasts, and distribute the marinade with your fingers. Refrigerate for 1 – 4 hours.

Prep the vegetables

1. Score the eggplant halves in a diamond pattern, sprinkle lightly with salt, put cut-side down on a plate and set aside.
2. Brush the cut sides of the zucchini and tomatoes – each with 1 teaspoon of olive oil, and set aside.
3. Put a slice of mozzarella on each radicchio leaf, fold the leaf into a package, brush with the remaining 2 teaspoons of olive oil and set aside.

Heat the skillet; grill veggies and chicken

1. Heat a large cast-iron skillet over high heat for 5 minutes.
2. Remove the chicken from the refrigerator. With a paper towel, pat the eggplant halves dry, brush with 1 tablespoon of olive oil, and put into the skillet. Cook, turning until they are soft and nicely browned, about 10 minutes. Remove to a platter.
3. Put the zucchini in the skillet and cook, turning until nicely browned, 3 – 4 minutes. Remove to platter, season with salt and pepper to taste.



4. Put the tomatoes in the skillet, cut sides down and brown for about a minute, Remove to the platter and season to taste.
5. Put the chicken breasts in the skillet, marinade should be generous; cook for 2 minutes, turn and cook 1 minute or until nicely browned on both sides. The marinade will become a golden crust. Remove to the platter.
6. Put the radicchio leaves in the skillet, seam side down, cook for a minute on the first side, turn them.
7. Remove the skillet from the heat, arrange the chicken breasts with the vegetables around them and serve.