



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SRIRACHA- GLAZED CHICKEN

## W/ PAPRIKA BUTTERNUT SQUASH

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SERVES 4



### Ingredients

For the chicken:

- 2 tbsp. Sriracha hot sauce
- 2 tbsp. canola oil
- 2 tsp. maple syrup
- 1 tbsp. balsamic vinegar
- 1/4 tsp. ground black pepper
- 4 6-oz. thinly sliced chicken breasts

For the squash:

- 1 4-lb. large butternut squash (peeled, seeded, diced)
- 2 tbsp. canola oil
- 1 tsp. sweet paprika or smoked paprika
- 1/4 tsp. salt + 1/4 tsp. ground black pepper

### Tips

- When roasting vegetables, be sure to cut them into similar sizes, toss them in olive oil, spread them out on a baking sheet and leave plenty of room between each piece.
- Root vegetables are great because they can last in a cool, dark space for quite a while.



### Cooking Instructions

- For the chicken: In a large resealable plastic bag, add marinade ingredients. Add chicken breasts into the bag, making sure the chicken is well coated with marinade. Let sit for 10-15 min (and start the butternut squash while it sits) or place in refrigerator to marinate for up to 24 hours.
- To cook, add chicken breasts and all marinade into a large nonstick skillet over medium high heat. Sauté until chicken is fully cooked, around 8-10 minutes, depending on thickness. Remove from heat. Serve.
- For the squash: Preheat oven to 400 degrees F.
- Peel the butternut squash and cut in half vertically. Remove the seeds with a spoon and discard. Cut into a 1-inch dice. Season with paprika, salt and pepper.
- Cook until soft, about 30-35 minutes, shaking the pan halfway through cooking process. Serve with chicken.