

Pumpkin Seed Encrusted Chicken Breast *with* Apple Ginger Chutney  
*with* Roasted Sweet Potato Rounds  
*and* a warm Spinach Salad

*Brought to you by Christopher Aquilino, Culinary Specialist Earth Fare*

2 4 oz. Chicken Breasts  
2 Tablespoons cumin  
1 cup unsalted pumpkin seeds – *roasted*  
1 teaspoon pepper  
1 teaspoon salt  
1 teaspoon cayenne pepper (*optional*)  
1 medium sweet potato  
2 cups fresh baby spinach  
Toasted pecans

***For the Chutney:***

2 large apples, *peeled, cored and finely diced*  
½ cup white onion, *finely diced*  
1 teaspoon grated ginger, *minced*  
1 Tablespoon nutmeg  
1 teaspoon cinnamon  
1 ½ Tablespoon white vinegar  
½ cup cold water  
½ teaspoon white pepper

In a food processor, prepare the dry rub. Mix the pumpkin seeds, pepper, cumin, salt and cayenne pepper and pulse until seeds have mixed with other ingredients and have broken down to the desired size. Trim the fat off the chicken breast and then dredge it into the pumpkin mixture. Next, place in a 350-degree oven for 15-20 minutes or until the internal temperature reaches 180 degrees **OR** place in a skillet cooking each side 35 minutes then place chicken in oven for 15 additional minutes until no longer pink.

In a medium saucepan, saute' the apples, onion, and ginger. Saute' for one minute and then incorporate cinnamon and nutmeg. Next, add the ½ cup water and then 1 ½ tablespoons of vinegar. Continue cooking for 3-5 minutes stirring frequently until the apples are tender. More water may be added to keep the ingredients moist. As the chutney cooks, prepare your sweet potato rounds. Wash and cut the potato into 1-inch thick rounds, and place into the 350 degree oven until fork tender. Set aside. Lastly,

in a warm sauté pan heat ¼ cup of low-sodium chicken broth. Stir in the spinach and pecans. Serve immediately.

Bullet points for Pumpkin seed encrusted Chicken Breast

- Take off any skin which provides most of the fat found in poultry
- Choose skinless chicken breast
- Use small portions 3-4 ounces of meat per entrée
- Eliminate additional fat by breading the chicken with pumpkin seeds and spices
- Fan the meat to cover more space on the plate
- Increase the fruit and vegetables in your sides
- Wilt the baby spinach in chicken broth or water rather than oil to reduce fat
- Choose baked sweet potatoes to provide extra fiber, low fat and lots of color on the plate