

PAN ROASTED CHICKEN WITH QUINOA

and Local Vegetables

INGREDIENTS

- 1 whole chicken
- 1 bunch turnips
- 1 bunch beets
- 1 bunch mixed greens, romaine or spinach
- 2 shallots
- 1 tsp chopped garlic
- 4 cloves garlic
- 4 tbsp unsalted butter
- 1 tbsp turmeric
- 1 tbsp red wine vinegar
- 1 cup quinoa
- 2 cup water
- 1 cup olive oil
- 1/2 a lemon wedge

Local farmers and vendors provided the ingredients for this recipe box:

Chicken - "Cornish cross" breed - Ward Family Farm in Blackburn, OK (pasture-raised, no hormones or antibiotics)

Turnips - "Bella Luna"

Assorted Greens - "Tokyo Bekana" also known as Chinese Cabbage, "Tatsoi" and "Miz America" mizuna - Acadian Family Farm in Fort Cobb, OK (certified organic)

Beets - "Red Ace", "Golden" and "Chioggia" also known as candy cane beets - A+H Urban Farm in Oklahoma City, OK (naturally grown using no pesticides or hormones)

Turmeric - Ms Netties Herbs Spices & Teas

DIRECTIONS

CHIMICHURRI SAUCE

1. Wash the turnips green with cold water and let it dry on a paper towel
2. In a food processor/blender add 1 chopped shallot, 2 cloves garlic, 1 tbsp red wine vinegar, 2 cups of chopped turnip greens and blend until smooth
3. Once the sauce is smooth add salt and pepper to taste



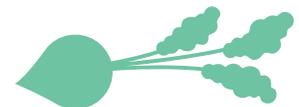
PAN ROASTED CHICKEN

1. Preheat oven to 375 degrees
2. Set the pan on the stove to high heat
3. Once the pan is hot add 2 tbsp of olive oil
4. Salt and pepper the chicken and drop it in the pan skin side down
5. Once the chicken is down, drop the stove temp down to med/high
6. Once the skin starts to look golden brown put it in the oven at 375 degrees
7. Once the interior of the chicken reaches 160 degrees/juices run clear, pull it out of the oven
8. On medium heat, place the saucepan back on the stove top with the chicken and add sage, rosemary, oregano, thyme, (or any spices to your liking) 4 cloves garlic and 4 tbsp unsalted butter
9. Once the butter is melted keep basing the chicken with the butter
10. Take out of the pan let it rest before slicing



QUINOA AND LOCAL VEGETABLES

1. Get a small pot on the stove on medium heat
2. Add 1 tbsp olive oil
3. Add 1 chopped shallots and 2 cloves of chopped garlic
4. Once the shallots and garlic are translucent add 1 cup of quinoa and 1 tbsp turmeric
5. Once the quinoa gets a little toasty add in 2 cups of water and turn down to simmer and cover with a lid
6. Keep it on simmer until all the liquid has been absorbed - or cook to package directions
7. Once the liquid is absorbed, dump the quinoa into a medium mixing bowl and fluff it up with a spoon or a fork
8. Chop and sauté some turnip and beets in a saucepan with olive oil until tender
9. Add the turnip and the beets to the quinoa salad and add salt and pepper to taste
10. Mix together the mixed salad greens of your choice to be on the side with a little olive oil and squeeze of fresh lemon



Dress the chicken with the chimichurri sauce and serve.