



# SRIRACHA-GLAZED CHICKEN W/ PAPRIKA BUTTERNUT SQUASH

Serves 4



## Ingredients:

For the chicken:

- 2 tablespoons Sriracha hot sauce
- 2 tablespoons canola oil
- 2 teaspoons maple syrup
- 1 tablespoon balsamic vinegar
- 1/4 teaspoon ground black pepper
- 4, 6-ounce sliced chicken breasts

For the squash:

- 1, 4-pound large butternut squash (peeled, seeded, diced)
- 2 tablespoons olive oil
- 1 teaspoon sweet paprika or smoked paprika
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper

## Directions:

1. For the chicken: Add marinade ingredients into a small bowl and stir. Add chicken breasts into the bowl, 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.
2. To cook, add chicken breasts and all marinade into a large nonstick skillet over medium high heat. Sauté until chicken is fully cooked (165F), around 8-10 minutes, depending on thickness. Remove from heat.
3. For the squash: Preheat the oven to 400 degrees F.
4. Peel the butternut squash and cut in half lengthwise. Remove the seeds with a spoon and discard. Cut into a 1-inch dice. Season with olive oil, paprika, salt and pepper.
5. Cook until soft, about 30-35 minutes, shaking the pan halfway through cooking process. Serve with chicken.

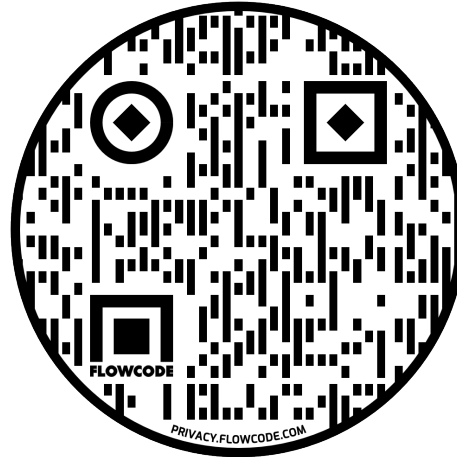




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<b>Nutrition Facts</b>	
Serving size	1/4 of Recipe
Amount Per Serving	
Calories	<b>470</b>
	% Daily Value*
<b>Total Fat</b> 19g	24%
Saturated Fat 2.1g	11%
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 110mg	37%
<b>Sodium</b> 510mg	22%
<b>Total Carbohydrate</b> 39g	14%
Dietary Fiber 6g	21%
Total Sugars 11g	
Includes 0g Added Sugars	0%
<b>Protein</b> 39g	78%
Not a significant source of vitamin D, calcium, iron, and potassium	
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



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