

Butternut Chicken Skillet

/ SUBMITTED BY CS2 CORY GARDZIEL, USCG

SERVES 2



/ INGREDIENTS

1 pound butternut squash, cubed
2 tablespoons butter, divided
2 teaspoons dried thyme
1 sprig oregano
1 tablespoon brown sugar
2 boneless chicken breasts
1/4 cup all-purpose flour

OPTIONAL:

Salt, black pepper, garlic powder,
onion powder, dried thyme

/ DIRECTIONS

1. Peel the butternut squash and dice into 1/2-inch cubes and set aside.
2. Heat one tablespoon of butter on medium/high heat in a skillet. Add dried thyme and oregano sprig and stir until the butter is melted.
3. Add the diced butternut squash and let cook on one side for five minutes.
4. Toss butternut squash in butter at the bottom of skillet and add brown sugar.
5. Lower the heat to low/medium and cook for 15 minutes, or until al dente. Stir the squash as needed. Remove from heat and set aside.
6. While that's cooking, toss chicken breasts with all-purpose flour and optional dry ingredients. The chicken should be evenly coated.
7. Set the temperature to medium/high and add one tablespoon of butter and the coated chicken breasts to skillet.
8. Allow to cook on one side for approximately seven minutes, till golden brown and slight charred if possible.
9. Flip the chicken and add the squash back to pan. Lower the temperature to medium and allow to cook for 6 to 8 minutes or until the internal temperature of the chicken reaches 165 degrees.



/ ABOUT THE CHEF

Petty Officer Gardziel is assigned to Coast Guard Station New London, which is located at historic Fort Trumbull and is part of Sector Long Island Sound within the First Coast Guard District. Sixty-nine active duty, reserve, and auxiliary members are assigned to the station, where their primary mission responsibilities include search and rescue, recreational boating safety, maritime law enforcement, pollution response and port security activities.