



Cajun Chicken with Creamy Polenta and Spicy Roasted Vegetables

Prep: 20 minutes plus marinating

Cook/Roast: 20 minutes • Serves: 4

- 4 **Market 32 boneless, skinless chicken breasts**
(about 6 ounces each)
- ½ cup Cajun marinade
- 1 garlic clove, minced
- 2 tablespoons **PICS olive oil**
- 2 jalapeño peppers, sliced
- 2 cups quartered Brussels sprouts
- ½ cup **fresh** or **PICS frozen corn**
- ½ teaspoon **PICS salt**
- ½ teaspoon **PICS ground black pepper**
- 4 cups **PICS whole milk**
- 1 tablespoon **PICS unsalted butter**
- 1 cup yellow cornmeal
- ½ cup **PICS shredded Cheddar cheese**

1. Place chicken in large zip-top plastic bag; add marinade. Seal bag, pressing out excess air; refrigerate 30 minutes or up to 2 hours.

2. Preheat oven to 400°. In medium bowl, whisk garlic and 1 tablespoon oil; add jalapeños, Brussels sprouts, corn, and ¼ teaspoon each salt and black pepper and toss. Spread layer on rimmed baking pan. Roast 20 minutes or until golden brown and tender.

3. Remove chicken from marinade; discard marinade. In large skillet, heat remaining 1 tablespoon oil over medium-high heat; add chicken and cook 8 minutes or until golden brown and internal temperature reaches 165°, turning once.

4. In medium saucepot, whisk milk, butter, and remaining ¼ teaspoon each salt and black pepper; heat to a boil over medium heat. Gradually whisk in cornmeal until incorporated; reduce heat to low and cook 4 minutes or until smooth, whisking occasionally. Whisk in cheese until melted.

5. Serve chicken and roasted vegetables over polenta.

Approximate nutritional values per serving:

*632 Calories, 27g Fat (11g Saturated), 140mg Cholesterol,
1168mg Sodium, 47g Carbohydrates, 4g Fiber, 49g Protein*