

RECIPES FROM three eighty ate

ALMOND CRUSTED CHICKEN THIGH, BRAISED ESCAROLE, HERILOOM TOMATO, DILL VINAIGRETTE

1-1/2 ounce	Fresh Dill Weed
1 floz	Sherry Vinegar
1 tbsp.	Dijon Mustard
3 floz	Water
1 g	Kosher Salt
2 floz	Olive Oil
34 oz.	Boneless Skinless Chicken Thighs
40 oz.	Fresh Escarole
1/2 oz.	Fresh Minced Peeled Garlic Cloves
10 g	Fennel Seed Spice
2-1/2 oz.	Whole Almonds
20 oz.	Fresh Diced Tomatoes
15 oz.	Fresh Yellow Tomatoes
10 tsp	Extra Virgin Olive Oil
1 g	Fine Ground Black Pepper

1. Puree dill weed, sherry vinegar, Dijon mustard, water and salt in a blender until smooth. Add oil while on low speed to emulsify. Set aside. (Makes 10 fl oz.)
2. Clean and chop escarole, set aside. Clean and dice tomatoes, combine in a bowl and set aside. Chop almonds fine and set aside.
3. Brush chicken thighs with Dijon mustard and encrust with chopped almonds. Bake at 400F for 10 minutes, or an internal temperature of 165F.
4. In a large pot, heat extra virgin olive oil over medium heat. Add garlic and fennel seed and cook 1 minute, add escarole and cook an additional 2 minutes over medium heat. Season with salt and pepper. Serve hot.

Portion: 1 cup escarole, 1 chicken thigh, 1/4 cup diced tomatoes, 1 fl oz dill vinaigrette.

Nutrition: 306 calories, 21g fat, 10g carbs, 22g protein, 445mg sodium

Yield: 10 servings