

Name: Gregory Pernicone

Recipe Title: Hummus-Chicken and Vegetables

Recipe Ingredients:

- 4 boneless, skinless chicken breasts
- 1 cup hummus
- Fresh thyme and rosemary
- 1 lemon
- 1 sweet potato, chopped
- 1 yellow squash, chopped
- 1 Tbsp. olive oil
- 2 lemons
- Salt and pepper

Recipe Instructions:

1. Preheat your oven to 450°. Coat your baking sheet/dish with cooking spray.
2. Pat the chicken dry. Season the chicken breasts with generous pinches of salt and pepper.
3. In a large bowl, toss the squash and sweet potato with olive oil until evenly coated. Season with salt and pepper.
4. In a baking dish, place all of the vegetables on the bottom of the dish in an even layer. Lay the four chicken breasts evenly on top. Then, cover each chicken breast with the hummus so that the entire breast is covered.

5. Squeeze the juice of the lemon over the chicken and vegetables. Then sprinkle the pan with smoked paprika, fresh thyme and rosemary. (Thinly slice the remaining lemon, and place the slices in between the chicken and vegetables if desired.)
6. Bake for about 25-30 minutes, until the chicken is cooked through and the vegetables are tender. Serve immediately.