

FOOD SUSTAINABILITY SERIES #FIVE



F E A T U R E D
M E N U

Chicken or Eggplant Parmigiana
with Marinara Sauce on Spaghetti Squash

Welcome to the Town of Riverview's Sustainability Series.

This week we will feature local local farmer JP Gagnon of La Ferme Springbrook Farms who will talk about sustainability, ethically grown farming practices and the importance of supporting local industries and independent farmers and growers within our community.

Tonight's recipe includes a vegetarian option while embracing Italian comfort food. Some of the ingredients are locally sourced at the Farmer's Market and farmed, grown or produced right here in New Brunswick.

I look forward to spending the next hour to casually chat, have some fun and cook together this delicious recipe created just for you and your family to enjoy!

Chef Cherie



The Farmers' Truck
Made in Canada 🇨🇦

Grocery List:

Chicken Breasts or Eggplant
Egg
Panko Bread Crumbs
Bread Crumbs
Parmesan Cheese
Mozzarella Cheese or Fresh Mozzarella Ball
Onion Powder
Garlic Powder
Canola, Vegetable or Coconut Oil
Italian Seasoning (Option)
Dried Parsley
Salt and Pepper
28 oz Can Crushed or Diced Tomatoes
Olive Oil
Onion
Fresh Basil
Bunch Fresh Parsley
Garlic
Dried Oregano
Sugar, or Local Honey
Red Wine or Red Cooking Wine (Option)
Spaghetti Squash
Tomato Paste

Tools:

Cookie/Baking Sheet
Casserole Dish
Parchment Paper
Knife & Cutting board
Bowls
Measuring Cups & Spoons
Tongs
Garlic Press (Option)
Tasting & Wooden spoon
Cast Iron or Stainless Steel Frying Pan
Cheese Grater

FOOD SUSTAINABILITY SERIES #5



*****PREPARATION**
Bake squash as per instructions and portion ingredients ahead of time.

Total Time Includes Preparation: 90 minutes

Yield: 2 servings

By Chef Cherrie Moreault of ChefTorial

Chicken/Eggplant

1 egg
2 chicken breasts halved and sourced locally recommended (protein option)
1 medium eggplant sliced diagonally 1/2" thick (vegetarian option)
1/2 c Panko bread crumbs
1/4 c bread crumbs
2 tbsp shredded Parmesan cheese
1 tbsp garlic or onion powder
1/2 c canola, vegetable or coconut oil
1 tbsp Italian seasoning or 1 tbsp dried parsley
salt and pepper to taste

Marinara Sauce

28 oz can diced tomatoes
2 tbsp olive oil
1/4 c onion diced
1/4 c fresh basil (chiffonade)
2-3 garlic cloves minced
1 tbsp tomato paste
1 tsp oregano
1 tbsp sugar, agave syrup, honey (optional to cut acidity)
1/4 red wine dry
salt and pepper to taste

Topping

1/2 c Mozzarella cheese grated or fresh Mozzarella Balls sliced
1 tbsp Parmesan cheese grated
1 tbsp fresh parsley or basil chopped

Putting it All Together:

Spaghetti Squash (Prepare ahead of time)

2 tbsp oil

2 tbsp melted butter

Cut spaghetti squash in half lengthwise. Scoop out seeds and drizzle the cut side with oil. Season with salt and pepper.

Place cut side down and bake in a 400° oven for approximately minutes or just until tender. Remove spaghetti squash from the oven, allow to cool then run a fork along the flesh to separate into strands. Toss with butter, salt, pepper and place in the bottom of a baking dish.

Chicken/Eggplant

Preheat oven 400° F

Whisk together eggs, salt and pepper in a shallow dish. Mix bread crumbs, Parmesan cheese, garlic or onion powder and Italian seasoning or parsley together in a separate shallow bowl. Dip chicken into the egg mixture then the breadcrumb mixture evenly coating the chicken or eggplant and set aside. Heat oil in a skillet over medium-high heat, add chicken or eggplant, turn heat down to medium and fry until golden and crispy. For chicken about 4-5 minutes on each side depending on thickness and for the eggplant, about 2 -3 minutes on each side.

Place chicken/eggplant on top of spaghetti squash with about 1/3 cup of sauce (recipe below). Top each chicken breast with the mozzarella and Parmesan cheeses and bake for 15-20 minutes, or until cheese is bubbling and melted, and the chicken is completely cooked through. When ready, remove from oven and let stand for 5 minutes. Top off with fresh basil or parsley before serving.

Sauce

Heat 2 tablespoons oil in a large skillet over medium heat. Add onion, oregano, stirring occasionally, until onion is softened and lightly browned, 5-7 minutes. Stir in garlic and cook a few minutes longer. Stir in red wine and cook until nearly evaporated, about 2 minutes.

Stir in tomatoes tomato paste and sugar, bring to a simmer, and cook until slightly thickened, about 10 minutes. Add oregano; season to taste with salt and pepper, then add basil when sauce is ready. Follow serving instructions as per above.