



A TASTEFUL PLACE  
AT THE DALLAS ARBORETUM

## RECIPE

Hero Vegetable: **Squash**

### **Calabacitas con Pollo (Stewed Squash/Zucchini with Chicken)**

#### **Ingredients:**

3 lbs chicken thighs, trimmed and cubed  
2 yellow squash, cubed  
2 zucchini, cubed  
1 medium onion, peeled and quartered  
4 garlic cloves  
2 cups water or chicken broth  
1-8oz can tomato sauce  
6 Roma tomatoes, cubed  
1 red bell pepper, cut into strips  
3 tsp cumin  
2 Tbs vegetable oil  
Salt and pepper to taste  
8oz green beans and corn

#### **Directions:**

In a small sauce pot bring water or broth, a teaspoon of salt, Roma tomatoes, onion, and red bell pepper to a simmer until softened. This will take about 15-20 minutes. In the meantime, heat the vegetable oil in a wide rimmed fry pan. Sear the cubed chicken in small batches. Pour the tomato onion mixture slowly into the fry pan whisking up the brown bits stuck to the bottom of the pan. Return the chicken to the pan. Add all the remaining ingredients and simmer over medium heat for another 10 minutes. Add salt and pepper to taste.