

Chicken with Pumpkin Seed Sauce (Chicken Pepián)

Yield: 7 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/pepian-de-indio-recipe>

Ingredients:

- 2 pounds boneless skinless chicken breasts cut into bite-sized pieces
- 2 tablespoons olive oil
- salt
- cracked black pepper
- chopped fresh cilantro optional
- sliced green onions optional
- pepitas optional
- 1 pound tomatillos fresh, rinsed and halved, with the papery husks and stems removed and discarded
- 1 poblano pepper cored and sliced in half lengthwise
- 2 tablespoons olive oil divided
- 2/3 cup pepitas green pumpkin seeds, plus extras for garnish
- 1 white onion small, peeled and diced
- 5 garlic cloves peeled and minced
- 1 jalapeno stemmed, seeded and chopped
- 1 cup cilantro leaves fresh, lightly packed
- 1/2 cup vegetable stock or water
- 2 tablespoons fresh lime juice
- 1/2 teaspoon cumin
- kosher salt
- cracked black pepper

Nutrition:

1. Calories: 340 calories
2. Carbohydrate: 9 grams
3. Cholesterol: 85 milligrams
4. Fat: 20 grams

5. Fiber: 3 grams
 6. Protein: 33 grams
 7. SaturatedFat: 4 grams
 8. Sodium: 450 milligrams
 9. Sugar: 4 grams
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