

Kale Salad with Lemon Dressing & Chicken

1 SERVING 40 MINUTES



INGREDIENTS

4 ozs Chicken Breast (skinless and boneless)
1/2 tsp Avocado Oil
1/4 tsp Paprika
1/4 tsp Chili Powder
Sea Salt & Black Pepper (to taste)
1 tbsp Extra Virgin Olive Oil
1 1/2 tsps Lemon Juice
1/2 Garlic (clove, minced)
1 1/2 tsps Nutritional Yeast
2 cups Kale Leaves (stem removed, thinly sliced)
2 tbsps Pistachios (chopped)

NUTRITION

AMOUNT PER SERVING

Calories	485	Potassium	640mg
Fat	27g	Vitamin A	13597I...
Carbs	19g	Vitamin C	22mg
Fiber	7g	Calcium	188mg
Sugar	1g	Iron	5mg
Protein	43g	Vitamin B12	1.4µg
Cholesterol	117mg	Magnesium	60mg
Sodium	194mg	Zinc	2mg

DIRECTIONS

- 01 Preheat the oven to 350°F (177°C). Add the chicken breast to a baking dish and drizzle the avocado oil over top. Add the paprika, chili powder, sea salt, and pepper to the chicken. Bake for 30 minutes, flipping halfway through. Remove from the oven and let cool before slicing.
- 02 Add the extra virgin olive oil, lemon juice, garlic and nutritional yeast to a small bowl and whisk to combine.
- 03 Add the kale to a large bowl and drizzle the dressing over top. Massage with your hands to ensure it is evenly coated. Divide between plates. Top with chicken and pistachios. Enjoy!

NOTES

NO CHICKEN

Use sliced steak, ground pork or roasted chickpeas instead.

MORE SPICE

Use cayenne pepper or chili flakes on the chicken or in the dressing.

NUT-FREE

Use sunflower seeds or pumpkin seeds instead of pistachios.

LEFTOVERS

Refrigerate in an airtight container for 2 to 3 days.