

Spiced Chicken and Kale Salad



In this hearty salad, savory seasoned chicken and toasted breadcrumbs come together over a vibrant mix of sweet pear and peppers tossed with tender kale—marinated in a bright, creamy dressing of fromage blanc and salsa verde. It's high in protein, low in carbohydrate, and both nutritious and delicious!

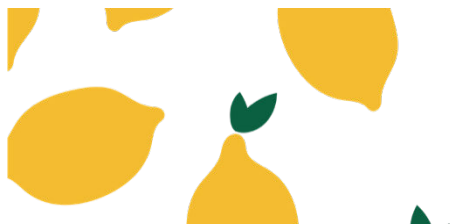


Ingredients

½ lb Chicken Tenders
1 bunch Kale (or salad green of your choice)
1 Pear
1-2 Sweet Bell Peppers
1/3 cup Salsa Verde
2 Tbsps. Fromage Blanc or Greek yogurt
Spice mix 1 tsp of each: onion powder, garlic powder, dried parsley, smoked paprika

Optional

1 clove Garlic
¼ cup Grated Parmesan Cheese
½ cup Ground Flaxseed or Panko
Breadcrumbs (or ¼ c of each)



Eat, Sleep, Poop!



Steps

Prepare the ingredients

Wash and dry the fresh produce. Separate the kale leaves from the stems; discard the stems and thinly slice the leaves. Peel 1 clove of garlic; using the flat side of your knife, smash the clove once. Quarter, core and thinly slice the pear. Cut off and discard the stems of the peppers; remove the cores, then medium dice.

Marinate the kale

In a large bowl, combine the salsa verde, fromage blanc, and ½ teaspoon of olive oil; season with salt and pepper. Add the sliced kale and massage until slightly softened. Set aside to marinate for at least 10 minutes, stirring occasionally.

Optional: Make the parmesan breadcrumbs

In a medium nonstick pan, heat ½ teaspoon of olive oil on medium-high until hot. Add the breadcrumbs and smashed garlic clove; season with salt and pepper. Cook, stirring frequently for 2-3 minutes or until the breadcrumbs are browned and toasted. Transfer to a bowl; carefully remove and discard the garlic clove. Add the parmesan and stir to combine. Wipe out the pan.

Cook the chicken

Pat the chicken dry with paper towels. Season on both side with salt, pepper, and enough of the spice blend to coat. In the same pan, heat ½ teaspoon of olive oil on medium-high until hot. Add the seasoned chicken. Cook 3-5 minutes per side or until browned and cooked through.

Make the salad and serve!

Add the sliced pear and diced peppers to the bowl of marinated kale; toss to combine. Taste and season with salt and pepper if desired. Serve the salad topped with the cooked chicken and parmesan breadcrumbs. Enjoy!



1 Prepare the ingredients:

Wash and dry the fresh produce. Separate the **kale** leaves from the stems; discard the stems, then thinly slice the leaves. Peel **1 clove of garlic**; using the flat side of your knife, smash the clove once. Quarter, core, and thinly slice the **pear**. Cut off and discard the stems of the **peppers**; remove the cores, then medium dice.



2 Marinate the kale:

In a large bowl, combine the **salsa verde**, **fromage blanc**, and **1/2 teaspoon of olive oil**; season with salt and pepper. Add the **sliced kale**. Using your hands, massage the kale until slightly softened. Set aside to marinate, stirring occasionally, at least 10 minutes.



3 Make the parmesan breadcrumbs:

Meanwhile, in a medium pan (nonstick, if you have one), heat **1/2 teaspoon of olive oil** on medium-high until hot. Add the **breadcrumbs** and **smashed garlic clove**; season with salt and pepper. Cook, stirring frequently, 2 to 3 minutes, or until the breadcrumbs are browned and toasted. Transfer to a bowl; carefully remove and discard the **garlic clove**. Add the **parmesan** and stir to combine. Wipe out the pan.



4 Cook the chicken:

Pat the **chicken** dry with paper towels. Season on both sides with salt, pepper, and enough of the **spice blend** to coat (you may have extra). In the same pan, heat **1/2 teaspoon of olive oil** on medium-high until hot. Add the seasoned chicken. Cook 3 to 5 minutes per side, or until browned and cooked through. Turn off the heat.



5 Make the salad & serve your dish:

To the bowl of **marinated kale**, add the **sliced pear** and **diced peppers**; toss to combine. Taste, then season with salt and pepper if desired. Serve the **salad** topped with the **cooked chicken** and **parmesan breadcrumbs**. Enjoy!