

# 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!

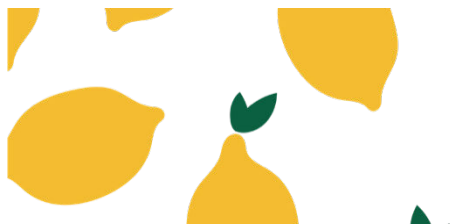


## Ingredients

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:**

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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!