

# Table of Contents

## Dinner

### Chicken

Shredded Chicken Bowl .....	2
Easy Chicken Piccata .....	3
Chicken Caprese .....	4
Buffalo Chicken Bites with Blue Cheese Dressing.....	5
Easy Chicken Fajita Foil Packets .....	6

# Shredded Chicken Bowl

Beauty Bites



3 serving



25 minutes

## INGREDIENTS

### Chicken

100z / 300g boneless skinless chicken breast, boiled,  
shredded

1 1/2 tsp cumin

2 garlic cloves, minced

1 tsp hot paprika (optional)

1/2 lemon, juice of

2 tsp dried mint

1 1/2 Tbsp olive oil

### Sauce

2 Tbsp almond butter

1/2 lemon, juice of

2 garlic cloves

1 tsp hot paprika

2 tbsp water

• olives

• jalapeno

• Vegetables

◦ cauliflower florets

◦ zucchini, chopped

◦ green bell pepper

◦ mint

◦ garlic

### Salad

• 1 cucumber

• 2 tomatoes

• 1 small onion



## INSTRUCTIONS

1. To make the chicken, boil boneless, skinless chicken breast in water with salt until done (around 12 minutes). Then let cool off and shredded using a fork. Once the chicken is ready, it's time to add in the herbs, spices and lemon juice. Mix it all together and it's ready.
2. For the garlicky sauce: Mix tahini or almond butter with garlic, lemon juice, hot paprika. The sauce will begin to thicken and get sticky. To make it creamy again - add water 1 tbsp at a time until you reach desired consistency.
3. Prepare the roasted vegetables: chop the vegetables that you want to roast in bite-sized pieces. Heat a nonstick pan to medium, add olive oil.
4. Add the vegetables, the garlic, mint, black pepper, cumin and sprinkle some salt. Stir well, so that the vegetables are covered with the herbs and spices. Cover with a lid and cook for about 3-4 minutes.
5. Uncover, stir well, flipping some of the vegetables and let cook for 2 more minutes. Turn the heat off .
6. Prepare cucumber tomato salad: Wash the vegetables, peel the onion and chop. Put the vegetables, the greens and olives into a bowl, add salt and olive oil to taste and mix.
7. Arrange the bowls: start with the salad, then the chicken, then roasted vegetables, a jalapeno, some olives and top with the garlicky sauce.
8. Enjoy immediately or have it ready for the week.

### NUTRITIONAL INFORMATION

Calories 318

Fat 17g

Protein 34g

Sugars 2g

Carbohydrates: 8g

# Easy Lemon Chicken Piccata

Foodie Crush



4 servings



20 minutes

## INGREDIENTS

1 lemon

1 1/2 pounds boneless, skinless chicken breasts

1 teaspoon kosher salt

1 teaspoon freshly ground black pepper

1/3 cup all-purpose flour

3 tablespoons butter, divided

2 tablespoons canola oil

1 cup chicken broth or white wine, or a combination of both

2 tablespoons capers, drained and rinsed



## INSTRUCTIONS

1. Slice the lemon in half, juice one half, then cut the other half into 1/8" slices and set aside.
2. Trim any excess fat from the chicken breasts and slice in half lengthwise to make two thin cutlets. Season both sides of the chicken breasts evenly with the kosher salt and freshly ground black pepper then dredge each breast in the flour, shaking off any excess.
3. Heat 2 tablespoons butter with the canola oil in a large skillet over medium-high heat. Add 4 pieces of the chicken and cook for 2-3 minutes per side. Transfer to a platter or sheet pan and cover with foil. Continue with the remaining chicken.
4. Reduce the heat to medium and add the chicken broth or wine (or 1/2 cup of both) the lemon juice, sliced lemons, and the capers, scraping up the browned bits on the pan and cook for 2-3 minutes.
5. Stir in the remaining 1 tablespoon of butter until melted. Taste for seasoning and spoon the sauce over the chicken breasts. Serve with mashed potatoes or cauliflower, polenta, or noodles.

### NUTRITIONAL INFORMATION

Calories 381

Fat 20g

Protein 37g

Carbohydrates: 11g

# Chicken Caprese

Foodie Crush



4 serving



30 minutes

## INGREDIENTS

2 chicken breasts , skinless and boneless

Kosher salt and freshly ground black pepper

1 tablespoon extra virgin olive oil

1 tablespoon butter

1 6 oz. jar Traditional Basil Pesto

4-6 slices fresh mozzarella or 6 ounces grated mozzarella cheese

8 cocktail or small tomatoes sliced

balsamic glaze

Fresh basil slivered



## INSTRUCTIONS

1. Preheat the oven to 400° F.
2. Use a thin, sharp knife to slice the chicken breasts in half lengthwise. Season both sides with kosher salt and freshly ground black pepper. Heat a large oven-proof skillet over medium high heat with the olive oil and butter. Once the butter has melted into the olive oil, add the chicken breasts to the pan, being careful not to crowd. Cook on each side until lightly browned and easily release from the pan, about 3-4 minutes each.
3. Slather the tops of each chicken breast with the basil pesto, about 1-2 tablespoons per chicken breast. Top each chicken breast with a slice of mozzarella and a few slices of tomato. Transfer the skillet to the oven and cook for 10-12 minutes or until the chicken reaches an internal temperature of 165° F. Remove from the oven and garnish with fresh basil and a drizzle of balsamic glaze.

### NUTRITIONAL INFORMATION

Calories 232

Fat 15g

Protein 18g

Sugars 4g

Carbohydrates: 5g

# Buffalo Chicken Bites with Blue Cheese Dressing

Modern Proper



10 serving



30 minutes

## INGREDIENTS

2 tbsp olive oil

6 chicken breast (about 4 lbs), cut into 2" pieces

2 tsp salt

½ tsp pepper, optional

4 tbsp butter, or ghee

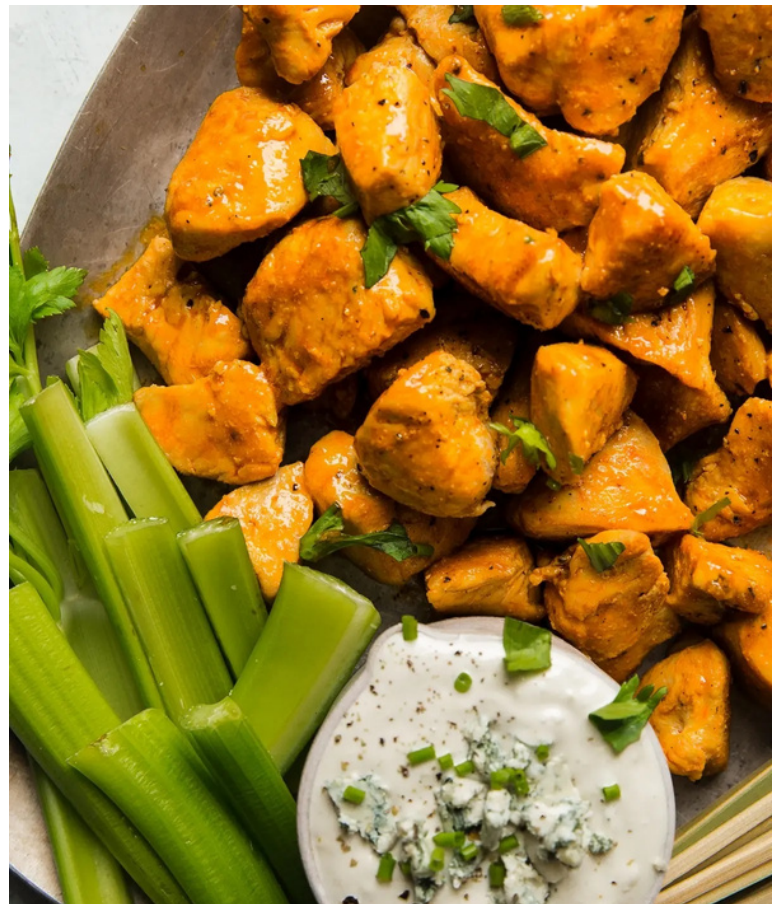
1 cup Frank's RedHot sauce

1 tsp garlic powder

1 tsp onion powder

celery

blue cheese dressing of your choice



## INSTRUCTIONS

1. Heat the olive oil in a large skillet over medium-high heat. When the olive oil is shimmering, add the chicken to the pan and sauté until the chicken is cooked through. Work in batches, if necessary, so as not to overcrowd the pan. If you want to speed this process up, use two pans at once.
2. Once all of the chicken is cooked through, put it all back in the pan over low heat. Add the butter, Frank's RedHot sauce, onion powder and garlic powder. Stir until each piece of chicken is coated in the Buffalo chicken sauce.
3. Serve with celery sticks and blue cheese dressing for dipping.

### NUTRITIONAL INFORMATION

Calories 230

Fat 7g

Protein 36g

Sugars 0g

Carbohydrates: 0g

# Easy Chicken Fajita Foil Packets

Foodie Crush



3 serving



35 minutes

## INGREDIENTS

1 teaspoon chili powder

1 teaspoon cumin

1/2 teaspoon ground coriander

1/2 teaspoon garlic powder

1/2 teaspoon paprika , plus more for adding color to the chicken breasts before cooking if desired

1/2 teaspoon kosher salt

1/2 teaspoon freshly ground black pepper

3 6-ounce skinless, boneless chicken breasts

1 red bell pepper , seeded and sliced

1 yellow bell pepper , seeded and sliced

1 green bell pepper , seeded and sliced

1 white onion

1 15 ounce can black beans , rinsed and drained

lime and jalapeño for garnish , if desired



## INSTRUCTIONS

1. Prepare a grill to medium-high heat or set the oven temperature to 400°F.
2. In a small bowl, mix the chili powder, cumin, garlic powder, ground coriander, paprika, kosher salt and freshly ground black pepper. Sprinkle half of the seasoning on both sides of the chicken breasts and set aside.
3. In a large bowl, add the cut vegetables with the drained black beans. Toss with the remaining seasoning. Set aside.
4. Tear off a few lengths of aluminum foil in 12- to 14-inch pieces. Place 1/3 of the seasoned vegetables in the center of the foil and top with a seasoned chicken breast. Sprinkle the chicken breasts with more paprika for color, if desired.
5. Fold the two long edges toward one another, then over once or twice and crimp tightly. Fold and crimp each short end of the foil toward the middle so that the edges are tightly sealed.
6. If cooking on the grill, place the packets vegetable side down, close the lid and cook for 5 minutes, then turn to the seam side down and cook for 20 more minutes or until chicken is cooked through.
7. If cooking in the oven, place the packets chicken side down and cook for 25 minutes or until chicken is cooked through.
8. Let the packets rest for 5 minutes before serving with lime wedges and jalapeños if desired.

### NUTRITIONAL INFORMATION

Calories 272

Fat 15g

Protein 10g

Sugars 3g

Carbohydrates: 17g