

# Orange and Cucumber Salad with Spring Greens

*Early spring greens are crossing paths with winter citrus in this easy and healthy salad.*

## Ingredients:

- $\frac{1}{2}$  English cucumber, thinly sliced
- 3 to 4 small oranges (clementines), peeled and sectioned
- 2 big handfuls baby arugula leaves
- 2 baby bok choy, thinly sliced
- $\frac{1}{2}$  bunch watercress leaves
- 1 cup green sprouts (pea, broccoli)
- Pumpkin seeds or sunflower seeds, as desired
- Juice of  $\frac{1}{2}$  orange
- Juice of  $\frac{1}{2}$  lemon
- 1 teaspoon orange zest
- 1 teaspoon lemon zest
- 2 tablespoons extra-virgin olive oil
- sea salt and freshly ground pepper to taste

1. Combine all the veggies in a serving bowl.
  2. Mix together the orange and lemon juice, orange and lemon zest, olive oil, salt and pepper.
  3. Pour the dressing on the salad and toss together. Scatter the seeds over the top of the salad and serve.
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# Lemon Chicken with Kale and Brussels

This meal was a breeze to make in a single pan and it comes out so juicy, sweet and tangy!

## Ingredients:

- 3-4 boneless chicken breast, cut into thirds
- 2 cups kale, chopped
- 1 cup shredded brussels sprouts
- 1/3 cup sweet onion, diced
- 1 lemon, juiced
- 1-2 tablespoons capers
- 2-3 tablespoons extra virgin olive oil
- Spices: garlic powder (1 tsp), paprika (1/2 tsp), kosher salt & black pepper

## Directions:

1. In a large bowl, season chicken breasts with salt, pepper, garlic powder, paprika. Add a drizzle of olive oil and juice of half a lemon. Coat both sides with seasonings.
2. In a large non-stick pan, heat 1 tablespoon of olive oil on medium heat. Add diced onion, wait for it to sizzle for 1 minute, then reduce to low heat. Let onions caramelize for 5-7 minutes.
3. Increase heat to medium and add the chicken breasts. Cook on medium or medium high for a few minutes until one side of the chicken reaches a nice golden brown. Flip the chicken and reduce heat to medium-low.
4. Add the kale and brussels sprouts to the pan and season with salt and fresh ground pepper. Add the juice of  $\frac{1}{2}$  a lemon. Let cook for about 5 minute or until the vegetables are tender and the chicken is cooked all the way through.

5. Sprinkle with capers all over, to taste. Enjoy!

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## Lemon Broccoli with Avocado

Try this spring spin on broccoli, brightened with lemon juice and topped with heart-healthy avocado. It's hearty enough for a lunch, but also a flavorful accompaniment to Ronit's Asian Salmon.

- 2 bunches broccoli
  - 1 lemon, juiced
  - 1 tablespoon extra virgin olive oil
  - $\frac{1}{4}$  teaspoon sea salt
  - 1 avocado, cut into chunks
1. Chop broccoli into bite-size pieces and separate stems from the crowns.
  2. Fill a pot with 1 inch of water, place a steamer basket inside, cover and heat to boiling. Add stem pieces, and steam for 2 minutes. Add crown pieces, cover and steam for 5 minutes.
  3. In a mixing bowl, combine the lemon juice, olive oil and salt.
  4. Chop the avocado into chunks and add to the mixing bowl.
  5. Add the warm broccoli to the bowl, mix gently and serve.