

Shredded Kale and Brussels Sprouts Salad

Ingredients:

- 3 tablespoons fresh lemon juice
- 1 teaspoon dijon mustard
- 1 tablespoon minced shallot
- 1 small garlic clove, grated
- 1 teaspoon honey
- $\frac{1}{4}$ cup olive oil
- sea salt
- freshly ground black pepper
- 3 cups finely shredded Lacinto kale
- 3 cups finely shredded Brussels sprouts
- 3 cups finely shredded red cabbage
- $\frac{1}{4}$ cup sliced almonds or pumpkin seeds

For the dressing:

In a small bowl, whisk together the lemon juice, mustard, shallot, garlic and honey. Slowly stream in the olive oil while whisking the dressing until well combined. Season the dressing with salt and pepper. Adjust the lemon juice or honey to your personal taste if necessary.

For the salad:

In a large bowl, toss together the shredded kale, Brussels sprouts, cabbage and toasted almonds. Add a few tablespoons of dressing and toss well. Taste and add salt and pepper or more dressing if desired. Sprinkle the almonds or pumpkin seeds over the top and serve.

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!