



MARINATED MUSHROOMS, CUCUMBERS, TOMATOES, RADISHES OVER KALE AND A PAN-SEARED CHICKEN BREAST

INGREDIENTS:

Mushrooms, sliced thin - I used crimini and shiitake
Red onion, sliced thin
Cucumbers, sliced thin
Radishes, washed, trimmed, and sliced thin
Cherry tomatoes - halved
Kale - lay leaves on top of each other, roll cigar-fashion and then slice very thin. Wash. Dry/Spin
4 Tablespoons Olive Oil
Sea Salt and pepper to taste
2 cloves garlic, minced
2 Tablespoons Sherry Vinegar
1/2 Tablespoon Oregano

Chicken Breast
Sea Salt and Pepper
Thyme
Coconut Oil

DIRECTIONS:

Mix the olive oil, sea salt, pepper, garlic, sherry vinegar, and oregano in medium mixing bowl.

Cut mushrooms, onions, cucumbers, radishes, and tomatoes and add to the above vinaigrette and allow to marinate for at least 30 minutes.

Prep Kale.

To cook your chicken breast - preheat oven to 400°
Season your chicken breast with salt, pepper, and thyme.

In an oven proof saute pan, with a little coconut oil, heat to med-high and then add in chicken breast, and sear on one side. About 2 minutes. Flip to the other side, and put in your pre-heated oven. Obviously cooking time is going to depend on the thickness of your breast - but you want to cook to a temp of 160 - 165 °. Usually - about 8 minutes or so.

TO SERVE:

Place cut washed Kale on your plate and spoon marinated vegetables on top, being generous with your vinaigrette. Place chicken next and enjoy.