



Chicken, Kale and Roasted Beet Salad with Pumpkin Seeds

Active Time: 10 minutes | Total Time: 50 minutes | Serves: 4

Nutrition Information Per Serving

325.2 calories, 12.98 g carbohydrate, 2.63 g fiber, 10.35 g NET carbs, 29.94 g protein, 17.55 g fat

Ingredients

- 16 ounce(s) organic, free-range chicken breasts
- 4 cup(s) chopped organic kale, chopped
- 2 whole (2" diam)(s) beets, ends chopped
- 1 Tbsp organic balsamic vinegar
- 1 tsp lemon juice
- 1 tsp honey
- 3 Tbsp(s) avocado oil
- 1 Tbsp coconut oil, melted
- 1/2 tsp(s) salt
- 1/2 ounce(s) raw pumpkin seeds

Preparation

1. Preheat oven to 400F. Chop the beets into quarters, or about 1 inch pieces if beets are large. Sprinkle with salt and drizzle with coconut oil. Toss to coat and place evenly on a baking sheet. Roast for 30 minutes, turning after 15 minutes.
2. Prepare marinade and dressing. In a jar, add balsamic vinegar, lemon juice, honey, avocado oil and half the salt. Shake well to combine. Separate a quarter of the marinade for the raw chicken, reserving the remaining for dressing.
3. Place the chicken in a shallow dish, and brush with marinade. Place chicken in refrigerator until ready to grill.
4. Preheat a grill or grill pan to medium-high. Grill the chicken for 6-8 minutes on each side, or until internal temperature reaches 165F. Set chicken on a cutting board and slice into strips.
5. With half of the remaining dressing, massage the kale and allow it to marinate.
6. Separate dressed kale onto plates. Top with chicken, roasted beets, and pumpkin seeds. Serve with remaining dressing on the side.

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