



Mediterranean Chicken with Basil Pesto

Active Time: 10 minutes | **Total Time:** 10 minutes | **Serves:** 8

Nutrition Information Per Serving

322.8 calories, 0.76 g carbohydrate, 0.42 g fiber, 0.34 g NET carbs, 20.37 g protein, 26.26 g fat

Ingredients

- 8 Tbsp(s) organic extra virgin olive oil
- 1 cup fresh organic basil leaves
- 1 ounce pine nuts
- 1/2 tsp(s) sea salt
- 1 whole - 2lb. pasture-raised chicken, cooked

Preparation

1. Blanch fresh basil to retain it's bright green color. To do this, add 1 cup of water to a small saucepan and bring to a boil. Prepare a small bowl filled with ice water.
2. Plunge basil into boiling water and remove as soon as it turns bright green. Plunge basil in ice water. Remove and set aside.
3. Add pine nuts, extra virgin olive oil, sea salt and basil to a food processor or Magic Bullet (preferable). Process until smooth.
4. Spoon over cooked chicken and enjoy.

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