



Asian Chicken Livers with Bacon and Water Chestnuts (Rumaki)

Active Time: 20 minutes | **Total Time:** 1.5 hours | **Serves:** 6

Nutrition Information Per Serving

276 calories, 15.11 g carbohydrate, 1.12 g fiber, 13.99 g NET carbs, 16.41 g protein, 15.7 g fat

Ingredients

- 6 Tbsp(s) Thrive Market Coconut Aminos
- 16 ounce(s) pasture-raised chicken livers
- 16 slice(s) pastured bacon
- 8 ounce(s) water chestnuts

Preparation

1. Drain and trim chicken livers.
2. Add chicken livers, aminos and bacon to a large bowl. Marinate for 45 minutes or up to 4 hours.
3. Preheat oven to 400 F. Place the rack in the top position.
4. Get a baking sheet and toothpicks ready to assemble the rumaki.
5. Lay a slice of bacon on the baking sheet. Place a piece of liver and a water chestnut at the end of the bacon. Roll up so bacon covers the filling completely. Skewer with a toothpick.
6. Repeat with remaining ingredients.
7. Transfer to oven and bake 30-40 minutes, turning every 15 minutes to crisp all sides.
8. Serve.

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