



Healthy Chicken Options !

Choose from the following Spices alone or try topping combos. Have fun experimenting with flavors, adjust any to suit your taste.

CHICKEN

1 svg is the size of your palm

Baked
Boiled
Crock Pot
Grilled
Pan Seared

SPICES

Add to taste

Salt & Pepper
Cumin
Curry
Paprika
Red Pepper
Cayenne Pepper
Chipotle
Garlic Powder
Onion Powder

TOPPING COMBOS

Salt, pepper, capers, lemon
Rosemary, S+P, lemon, garlic, EVOO
Coconut milk, curry, Cayenne pepper, lime juice
Hot Sauce, S+P, Garlic
Salsa + Black Beans (cooked together)
2 Tbs Honey or Agave, minced Jalapeno, ckn broth minced garlic
diced mango, red onion, chopped scallions, jalepano
Broiled Tomato slices and Feta topped with Avocado and Balsamic Vinegar
cooked broccoli and 1oz shredded cheddar
Cooked Broccoli, S+P, lemon juice and slivered Almonds
cooked greens with EVOO, lemon, garlic, S+P
cooked Eggplant, tomato sauce and Parm
1/2 cup sweet potatoes (mashed or baked) and 1 Tsp plain greek yogurt

Sample Ideas:

Coat a crock pot with 2 tbs EVOO, cook chicken, tomatoes, chick peas, cumin, S+P, 1 diced onion, 1 diced sweet potato and 1 can of ckn stock for 4 hours.

Marinate coconut milk with juice and zest of 1 lime, 1/4 tsp cayenne pepper, 1 Tbs Curry; pan sear chicken. Add marinade to pan to heat and serve over brown rice or Quinoa.

Marinate chicken in EVOO, S+P, Rosemary, lemon and chopped garlic cloves. Grill and serve with Grilled Zucchini slices.

Add cooked diced/shredded chicken in a pot on the stove. Add salsa and a can of rinsed black beans. Garnish with cilantro.

Heat EVOO in pan, on medium heat add a mix of 1/4 cup honey, minced jalepano, 1-2 garlic cloves and approx 1/3c ckn broth. Serve the sauce over cooked ckn.