



Steamed Kale “Salad” with Balsamic Chicken

Serves 4-6

Ingredients

1-1 1/2 lb. boneless skinless chicken breasts

1 bunch kale

2 handfuls walnuts, chopped

Balsamic dressing/marinade

3/4 cup olive oil

1/4 cup balsamic vinegar

1/4 cup Dijon mustard

1/2 tsp salt

1 tsp dried oregano

1 tsp dried basil

Method 1. Combine all the ingredients for the balsamic dressing in a bowl and whisk together until well combined.

2. Clean and trim the chicken breasts and place in a glass baking dish; add a few tablespoons of the balsamic dressing and let the chicken marinate in the refrigerator (cover the pan with foil) for 30 to 60 minutes.

3. Preheat the oven to 400 degrees.

4. Bake the chicken covered for 20 minutes and then uncovered for another 5 to 10 minutes (depending on the thickness); move the chicken to a higher shelf and broil for 3 to 5 minutes until slightly browned.

5. While the chicken is cooking, clean and cut the kale leaves by removing the thick middle stem and tearing the leaves into small pieces.

6. Place the kale leaves in a large pan with a small amount of water; steam until soft.

7. Place a portion of the kale in the center of each plate. Top the kale with slices of the cooked chicken breasts and sprinkle with walnuts.

8. Drizzle additional balsamic dressing over everything and serve.

NOTE: Any remaining dressing can be stored in a container and refrigerated for up to two weeks

*Thanks to Debbie Sarfati at
www.wholenourishment.com for these recipes.

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