

Recipes makes: 4 servings (1 serving = 1 chicken cutlet)



Ingredients:

- ♥ 4 (4oz) organic chicken cutlets pounded thin
- ♥ ½ cup ground pepitas
- ♥ 1 Tbsp lemon herb seasoning
- ♥ 1 egg lightly beaten
- ♥ 2 Tbsp Water
- ♥ 3 Tbsp Coconut oil
- ♥ ¼ cup organic vegetable broth
- ♥ 1 bunch of fresh kale, stripped from stem and chopped
- ♥ ½ cup matchstick carrots
- ♥ 1/3 cup dried cherries
- ♥ 2 Tbsp D'Avolio dark balsamic vinegar

PREPARATION:

1. Whisk egg and water in a shallow bowl
2. Combine pepita flour and seasoning
3. Dredge chicken in egg wash first, then in flour mixture- set aside on pan
4. Heat coconut oil and then sauté the chicken cutlets until lightly browned on each side, about 4 minutes on each side and until the meat thermometer reads 165 degrees Fahrenheit
5. Keep chicken warm in oven while sautéing vegetables
6. Heat 1 Tbsp olive oil in pan, and toss in kale and carrots
7. When kale starts to wilt, pour in vegetable broth until it is fully absorbed
8. Add in cherries and balsamic vinegar- stir to combine
9. Plate vegetables evenly on 4 plates
10. Top each with chicken cutlet and serve with lemon wedge
11. Enjoy!

Nutrition Facts				
Serving Size: 1 chicken cutlet				
Servings: 4				
Amount Per Serving				
Calories	340	Calories from Fat	150	
		% Daily Value*		
Total Fat	16g		25%	
Saturated Fat	7g		33%	
Trans Fat	0g			
Cholesterol	90mg		30%	
Sodium	230mg		10%	
Total Carbohydrate	18g		6%	
Dietary Fiber	3g		13%	
Sugars	7g			
Protein	32g			
Vitamin A	200%	• Vitamin C	100%	
Calcium	10%	• Iron	15%	
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.				
		Calories	2,000	2,500
Total Fat	Less than	65g	80g	
Sat Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2400mg	2400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

