



Honey Turmeric Chicken with Kale Salad

2 servings

30 minutes

Ingredients

- 1 tbsp Extra Virgin Olive Oil (divided)
- 1 Lemon (medium, juiced, divided)
- 2 tsps Raw Honey
- 1/2 tsp Turmeric (ground)
- 1 Garlic (clove, minced)
- 1/2 tsp Sea Salt (divided)
- 283 grams Chicken Thighs (boneless, skinless)
- 2 cups Kale Leaves (stems removed, chopped)

Nutrition

Amount per serving	
Calories	268
Carbs	9g
Fiber	1g
Sugar	6g
Protein	29g
Cholesterol	133mg
Sodium	737mg
Vitamin A	1046IU
Vitamin C	29mg
Calcium	69mg
Iron	2mg
Vitamin D	1IU

Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 2 In a bowl, whisk together half of the oil, half of the lemon juice, honey, turmeric, garlic, and half of the salt. Add the chicken and mix well.
- 3 Transfer the chicken to the baking sheet and cook in the oven for 12 to 15 minutes or until cooked through.
- 4 Meanwhile, add the remaining oil, lemon juice, and salt to a bowl. Add the kale and use your hands to massage the dressing into the kale.
- 5 Divide the salad and the chicken evenly between plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately one cup of salad and two chicken thighs.

More Flavor: Marinate the chicken overnight.