



Za'atar Drumsticks with Cauliflower & Arugula

2 servings

35 minutes

Ingredients

1 tbsp Extra Virgin Olive Oil
 1/2 Lemon (juiced)
 1 tbsp Za'atar Spice
 Sea Salt & Black Pepper (to taste)
 454 grams Chicken Drumsticks
 1/2 head Cauliflower (large, chopped into small florets)
 2 cups Arugula
 3 tbsps Green Goddess Salad Dressing

Nutrition

Amount per serving	
Calories	565
Carbs	11g
Fiber	3g
Sugar	5g
Protein	45g
Cholesterol	218mg
Sodium	665mg
Vitamin A	589IU
Vitamin C	93mg
Calcium	91mg
Iron	5mg
Vitamin D	5IU

Directions

- Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- In a bowl, whisk together the oil, lemon juice, za'atar, salt, and pepper. Add the chicken and cauliflower and mix well.
- Transfer into the baking sheet and cook in the oven for about 30 minutes or until the chicken is cooked through. Flip the chicken and vegetables halfway.
- Divide the chicken, arugula, and cauliflower evenly between plates. Serve with green goddess sauce and enjoy!

Notes

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

Serving Size: One serving is equal to approximately one cup arugula, two drumsticks, one cup of cauliflower, and 1 1/2 tablespoons sauce.

More Flavor: Add carrots and zucchini.

No Green Goddess Sauce: Use tahini or any dressing of choice instead.