

Chicken, Kale & Brussels Sprout Salad with Yogurt-Tahini Dressing

Serves 2

Prep Time: 20 minutes

A satisfying and quick weeknight dinner. Plan ahead by doubling the amount of chicken and dressing here, reserving to make a creamy chicken salad the next day.

Shopping List:

Produce

¼ lb brussels sprouts

1 bunch lacinato kale

½ lemon

Grocery

olive oil

1 tbsp tahini

1 tsp Dijon mustard

1 tbsp slivered almonds

2 tbsp raisins

Refrigerated

2 thin chicken breast cutlets

2 tbsp pecorino or parmesan

1 tbsp plain yogurt, whole

Recipe:

¼ lb brussels sprouts

1 bunch lacinato kale

2 tbsp coarsely grated pecorino or parmesan

olive oil

2 thin chicken breast cutlets

½ lemon, juiced

1 tbsp tahini

1 tbsp plain yogurt, whole milk

1 tsp dijon mustard

1 tbsp slivered almonds, toasted

2 tbsp raisins

1. Wash and dry kale and brussels sprouts. Remove the tough stems from the kale, and thinly slice leaves crosswise. (Slice as much as you think you'll need for the salad. Depending on the size of the bunch, you may only need ½ or ¾ of the bunch.)
2. Trim off the end of the brussels sprouts, and thinly slice crosswise.
3. Season chicken with salt & pepper. Heat a small amount of oil in a nonstick skillet over medium heat. When oil is hot, add chicken and cook about 5 minutes per side, or until cooked through. Slice into bite sized pieces.
4. While the chicken is cooking, make the dressing. Combine the lemon juice, tahini, yogurt, and dijon, with 1 tablespoon each of olive oil and water. Whisk to combine, then season with salt & pepper.
5. In a salad bowl, combine kale, brussels sprouts, toasted almonds, pecorino, chicken, and raisins. Toss with the dressing (use as much as you'd like), divide between plates, and enjoy!

Cooks Tips:

- Make a large batch of dressing and use it throughout the week. Combine 1 tbsp dijon mustard with ¼ cup each: lemon juice, tahini, yogurt, olive oil, and water. Season with salt & pepper to taste.
- Feel free to swap almonds and raisins for any nut and dried fruit.