Recipes
Meat and Poultry

Lemon Rosemary Chicken with Swiss Chard

Prep and Cook Time: 40 minutes
Yield: 2 servings

Ingredients:

2 boneless, skinless chicken breasts

2 tablespoons coconut oil

1 medium head swiss chard, stemmed and roughly chopped

1/4 cup almond meal

1/2 cup low-sodium chicken or vegetable broth

Juice of 1/2 lemon

2 tablespoons chopped fresh rosemary

Sea salt and pepper to taste

Directions:

1. Preheat the oven to 350˚F.
2. Heat 1 teaspoon of coconut oil in a large sauté pan over medium heat. Add swiss chard and cook 5-6 minutes. Transfer greens to platter.
3. Pound chicken with a mallet until they are about 1/4 inch thick.
4. Sprinkle both sides of chicken breasts with almond meal, sea salt and pepper to taste.
5. Add remaining coconut oil to pan and cook chicken for about 5 minutes on each side.
6. Combine broth, lemon juice, and rosemary in a small bowl and stir well until mixed.
7. When the chicken is cooked through, add lemon-rosemary mixture to the pan and cook about 3 minutes.
8. Serve chicken on top of the cooked greens.