



Avocado Chicken Kale with Heirloom Tomatoes

SERVES 4

- 1 lb Organic Chicken Breast
- 1 Tbl Black Pepper
- 2 bunches curly kale, thinly sliced
- 1 avocado, chopped
- 4 large, ripe heirloom tomatoes, diced with juice
- 1/4 cup rice wine vinegar
- 1/2 tsp sea salt (optional)
- 2 sprigs of green onion, sliced for garnish

Preheat a broiler to 450 degrees. Place chicken in a pan with 2 tablespoons of water and sprinkle with pepper. Place in oven for 15-18 minutes or until done, turning once. Remove from oven and put aside to cool.

In a large bowl combine kale and avocad. Using your hands “massage” the avocado into the kale to coat and soften the kale. Add diced heirloom tomatoes, their juice, vinegar, and salt, and toss together. Shred the cooled chicken with 2 forks and add to the mix. Toss again and refrigerate for at least 15 minutes to allow flavors to marry. Serve with green onion to garnish.

See Health Starts Here program materials in store and online



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