



Chicken Pesto

MAIN MEAL

Ingredients

Chicken

- 1 Pound of thinly sliced or whole chicken breasts (Organic Free Range recommended)
- 3 tbsp lemon juice
- Salt and pepper to taste (Himalayan Pink Salt recommended)

Pesto

- 3 garlic cloves
- 1/4 C fresh basil leaves
- 2 TBSP apple cider vinegar
- 1/4 C chicken broth or water
- 2 TBSP lemon juice
- 1/4 tsp dried oregano
- Salt and black pepper to taste (Himalayan Pink Salt recommended)

Directions

Marinate chicken in lemon juice, salt and pepper. Fry in a pan until lightly browned and cooked thoroughly. For the pesto sauce, puree fresh basil, garlic, chicken broth, and lemon juice in a food processor. Add pesto mixture to chicken, add a little water and cook on medium heat coating chicken with pesto mixture. Add salt and pepper to taste and serve hot. Pesto sauce may be made by itself and added to vegetables or other protein options.

