

Chicken Breasts with Kale & Onions

Gluten free, Dairy Free, Paleo

4 servings

1 1/2 lbs organic boneless chicken breasts

8 cups tender, young kale, stems and inner ribs removed (about 2 bunches)

1 large onion, cut in half, thinly sliced into half moons

6 cloves garlic, thinly slice

1/4 cup extra-virgin olive oil

1/2 tsp smoked paprika

1/2 tsp ground chipotle (if you like a little spice, optional)

Celtic sea salt and freshly ground pepper

- Preheat the oven to 425°.
- Coarsely chop the kale
- Steam kale 3 minutes until bright green
- In a large roasting pan, toss the kale, onion and garlic with the olive oil, salt and pepper. Spread in an even layer.
- Season both side sides of the chicken with salt, pepper, paprika and chipotle (if using)
- Place on top of the kale
- Roast 15 minutes on the bottom rack. Turn the chicken over and mix the kale a little.
- Roast until chicken is cooked through another 10-15 minutes.
- Serve thinly sliced with the kale on the side.

