

COMMIT *to explore*

Baked Chicken with Cilantro, Pesto, Zoodles

Bake free range, organic chicken breast in oven on 450 for 15 min (I like to marinate my chicken for 24 hrs in Cindy's Kitchen, Barcelona Vinaigrette)

Make the sauce -

3 cups of chopped fresh cilantro

3 tablespoons minced and seeded jalapeño (from 1 to 2 medium)

1 garlic clove

1 cup raw pistachios

1 cup extra-virgin olive oil

Juice of 1 lime

Pink Himalayan salt

In a food processor, combine all the ingredients and pulse until the desired texture is reached.

* sauce recipe from "Body Love" by Kelly Leveque

Take your organic zoodles and toss them on a hot pan and sautee them with 1 teaspoon of olive oil and salt/pepper till heated up

Take a bowl and add the zoodles, sauce, chicken and mix together.

* options to squeeze fresh lemon over the dish and add chopped pecans

Enjoy

Commit to Explore, Coaching