

Chicken Pesto

Ingredients

- 100 grams chicken breast, thinly sliced or whole
- 3 tablespoons lemon juice
- Sea salt and pepper to taste

Pesto

Ingredients

- 3 cloves raw garlic
- ¼ cup fresh basil leaves
- 1 tablespoon apple cider vinegar
- ¼ cup chicken broth or water
- 2 tablespoons lemon juice
- ¼ teaspoon dried oregano
- Sea salt and black pepper to taste

Directions

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

Makes 1 serving (1 protein) Makes 2-3 servings of pesto sauce.
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26 grams protein

2 grams fat

140 calories

PHASE 3 MODIFICATIONS

Add ¼ cup pine nuts or walnuts and ¼ cup parmesan cheese to the food processor along with ¼ cup of olive oil. For a creamy pesto, add a little half and half and omit the lemon juice.

