



**TOP 10
SAVING DINNER
CHICKEN RECIPES**



Full Bloom 2021 Bonus eBook

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Cilantro Lime Chicken

Serves 4

INGREDIENTS:

4 (6-oz.) boneless skinless chicken breast halves
1/2 cup lime juice
1/4 cup finely chopped cilantro
3 cloves garlic ,pressed
2 teaspoons sea salt
1 teaspoon freshly ground black pepper
2 tablespoons ghee ,or use coconut oil

INSTRUCTIONS:

Place chicken in a large zipper-topped plastic bag. In a medium bowl, whisk together lime juice, cilantro, garlic, salt and pepper. pour mixture over chicken. Seal bag and turn to coat well. Refrigerate as close as possible to 24 hours. At time of cooking, melt the ghee (or coconut oil) in a large skillet over medium-high heat. Add marinated chicken (discarding marinade and bag). Cook for 4 to 6 minutes per side or until juices run clear. Serve and enjoy!

Serves 4

INGREDIENTS:

3 skinless boneless chicken breasts, sliced in strips
Sea salt and freshly ground black pepper to taste
4 tablespoons grass fed butter, divided
1/2 red onion, chopped
3 cloves garlic, pressed
1 teaspoon paprika
1/2 teaspoon oregano
1 tablespoon tomato paste
3/4 cup red wine, (or use low sodium chicken broth)
1 (14 ounce) can crushed tomatoes
2 tablespoons fresh lemon juice
1 tablespoon balsamic vinegar
1/2 cup pitted Kalamata olives

INSTRUCTIONS:

Season sliced chicken with salt and pepper.

In a large skillet, over medium-high heat, melt 2 tablespoons butter. Add half of the seasoned chicken to the pan and cook 1 to 2 minutes on each side until cooked through. Set cooked chicken aside. Repeat with remaining chicken.

To the hot skillet, add butter and onions. Sauté onions for 2 to 3 minutes until soft. Add garlic and spices, stir for 20 seconds. Add tomato paste and red wine, scrape the skillet with a spoon to loosen browned bits. Simmer for 1 to 2 minutes.

Add remaining ingredients and reduce to low heat.

Simmer for 8 to 10 minutes.

Add cooked chicken and serve.

Hot Garlic Chicken

Serves 4

INGREDIENTS:

4 boneless skinless chicken breast halves
1/3 cup coco-aminos
3 tablespoons olive oil
4 cloves garlic ,pressed
3 teaspoons chili paste
1 teaspoon sea salt

INSTRUCTIONS:

Place chicken in a large zipper-topped plastic bag. In a small bowl, whisk together remaining ingredients (coco-aminos through salt) until well blended; pour mixture over chicken.

Seal the bag and turn to coat chicken until fully saturated; refrigerate overnight or for at least 4 hours.

At time of cooking, heat a large skillet over medium-high heat; remove chicken from marinade and add to skillet; sear for 4 to 6 minutes per side or until cooked through.

Chicken Marsala

Serves 4

INGREDIENTS:

4 (6-oz.) boneless skinless chicken breast halves
Sea salt and freshly ground black pepper ,to taste
3 tablespoons olive oil
1 small onion ,chopped
4 ounces white button mushrooms ,sliced
1/2 cup dry Marsala wine (or use low sodium chicken broth)
2 tablespoons minced Italian parsley

INSTRUCTIONS:

Pound chicken pieces between two pieces of plastic wrap. Season with salt and pepper to taste. Heat the oil in a large skillet over medium-high heat. Add chicken and cook for 3 to 4 minutes per side or until juices run clear. Remove from skillet and cover with foil wrap to keep warm.

To the same skillet, add onion and mushrooms. Cook until soft, about 5 minutes. Add wine (or broth) to the pan and cook for 1 to 2 minutes. (At this point, judge the amount of liquid you want for the sauce. If you want more, add a little chicken broth.) Taste sauce and adjust seasonings. Pour vegetables and sauce over chicken and sprinkle with chopped parsley.

Serve and enjoy!

Mushroom and Oregano Chicken Thighs

Serves 4

INGREDIENTS:

1 tablespoon coconut oil
2 cloves garlic, minced
1 small onion, chopped
2 teaspoons dried oregano
2 pounds boneless, skinless chicken thighs
1/4 cup low sodium chicken broth
Sea salt and freshly ground black pepper to taste
2 tablespoons coconut aminos
2 cups chopped mushrooms
1 cup chopped celery
1/2 cup chopped carrot

INSTRUCTIONS:

In a large skillet over medium heat, heat coconut oil. To the skillet add the garlic, onion, oregano and chicken. Cook for 10 minutes, until onion is tender and chicken is brown. To the chicken mixture, add the remaining ingredients and turn heat down to low. Cover and simmer for 15 minutes, until chicken is cooked through and vegetables are tender. Serve warm.

Thai Chicken Lettuce Wraps

Serves 4

INGREDIENTS:

1/2 cup almond butter
1/2 cup water
4 tablespoons coconut aminos
4 cloves garlic, minced
2 tablespoons ghee, or use coconut oil
4 (6-oz.) boneless, skinless chicken breasts
24 Bibb or Romaine lettuce leaves
8 cabbage leaves, chopped
2 cups broccoli, chopped
2 large carrots, shredded
1 large green onion, sliced
2 cups cilantro, chopped
Sea salt and freshly ground black pepper to taste

INSTRUCTIONS:

In a large bowl, add first 4 ingredients (almond butter through garlic) and mix well. Cover bowl and let sit overnight in the refrigerator, or at room temperature for 1 hour.

Preheat grill to MEDIUM-HIGH. Brush grill grate with coconut oil.

Season chicken with sea salt and pepper. Place chicken on grill for 4 to 6 minutes per side or until juices run clear; remove from grill and cut into 1/2" cubes.

On a plate, spread out washed romaine leaves. Fill each leaf with chicken, broccoli, cabbage, carrots, onion, and cilantro. Drizzle with almond butter sauce and serve.

Jalapeno Chicken Meatballs

Serves 4

INGREDIENTS:

2 pounds ground chicken
1/4 cup coconut flour
Sea salt and freshly ground black pepper to taste
2 cloves garlic, minced
2 tablespoons fresh chopped basil
2 large jalapenos, seeded and chopped
1 tablespoon coconut oil
2 (14-ounce) cans stewed tomatoes
2 tablespoons tomato paste
1 teaspoon raw honey
1 tablespoon garlic powder
1 tablespoon onion powder

INSTRUCTIONS:

In a large bowl, mix the first 6 ingredients (ground chicken through jalapenos). Form meat mixture into meatballs.

In a large skillet over medium heat, heat coconut oil. To the skillet, add the meatballs and cook for 5 minutes on each side. To the skillet, add the remaining ingredients and stir. Simmer for 10 minutes, until meatballs are no longer pink in the center and cooked through. Serve warm.

Red Wine and Cherry Chicken

Serves 4

DO-AHEAD TIP: Marinate chicken overnight or for at least 4 hours (see recipe).

INGREDIENTS:

1 cup pitted cherries, fresh or frozen
1 cup dry red wine
2 tbsp raw honey
1/2 tbsp sea salt
1 tsp freshly ground black pepper
1/2 teaspoon crushed red pepper flakes
4 (6-oz.) boneless skinless chicken breast halves
2 tbsp ghee ,or use coconut oil

INSTRUCTIONS:

In a blender or food processor, combine all ingredients except chicken and ghee (or coconut oil); blend until smooth. Place chicken in a large zipper-topped plastic bag; pour cherry/wine mixture on top. Seal bag and refrigerate overnight or for at least 4 hours.

At time of cooking, remove chicken from marinade (reserving marinade). Melt the ghee (or coconut oil) in a large skillet over medium-high heat; add chicken and sear for 4 to 6 minutes per side or until juices run clear; remove from skillet and keep warm.

Add reserved marinade to the skillet; bring to a boil then reduce heat and simmer for 10 minutes or until reduced. Serve sauce over chicken.

Skillet Curry Chicken

Serves 4

INGREDIENTS:

4 boneless skinless chicken breast halves
1 tablespoon balsamic vinegar
Sea salt and freshly ground black pepper, to taste
1 tablespoon curry powder, divided
2 tablespoons coconut flour, divided
2 tablespoons olive oil
1 lime, quartered
Chopped cilantro, for garnish

INSTRUCTIONS:

Rub the chicken with balsamic vinegar then sprinkle one side with salt, pepper, half of the curry powder and half of the flour. Heat the olive oil in a large skillet over medium-high heat; add chicken, floured sides down. Carefully add remaining spices and flour to the chicken in the pan; reduce heat to medium and cook for about 5 minutes per side, depending on thickness*.

Serve chicken with a lime wedge and chopped cilantro over the top.

*Leanne's Note: If desired, you can pound partially frozen chicken to reduce thickness (and therefore cooking time). Place chicken between layers of wax paper or plastic wrap and pound with a meat mallet or rolling pin.

Chicken and Herby Dumplings

Serves 4

INGREDIENTS:

1 tablespoon olive oil
1 cup chopped leeks
3 medium carrots, chopped
2 cups chopped kale
1 1/2 cups cooked, cubed chicken
5 cups low sodium chicken broth, or use homemade
2 teaspoons dried thyme
Sea salt and freshly ground black pepper, to taste
1 cup almond flour
1 medium egg
1/2 teaspoon dried oregano
1/4 teaspoon baking powder
1 tablespoon canned full fat coconut milk

INSTRUCTIONS: In a large saucepan, heat the oil over medium-high heat. Add leeks, carrots and kale; cook until tender. Add next 4 ingredients (chicken through salt and pepper). Bring mixture to a low boil.

In a medium bowl, combine remaining ingredients (almond flour through coconut milk) then season with salt and pepper. Using your hands, pinch off small amounts of dough and drop them into the boiling chicken soup.

Continue to do this until all the dough has been used. Cook for another 5 to 7 minutes or until dumplings are cooked through and have floated to the top of the soup.

Remove soup from the heat and serve.