

Mark's Kitchen

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This week's recipe comes from Brigid Titgemeier, Functional Nutritionist and blogger at [Being Brigid](#). This delicious salad is hardy and satisfying, thanks to the combination of complete protein from the grilled chicken and high-fiber, nutrient-dense kale. Roasted fennel and leeks add an extra pop of flavor, as well as extra vitamin C and magnesium. Topped with a creamy, dairy-free dressing made from almond yogurt and mustard, this recipe makes an easy and healthy weeknight meal for the whole family.

Creamy Fennel Kale Chicken Salad

Ready in: 1 hour

Serves: 4

Ingredients:

- 2 medium leeks, thinly sliced
- 2 medium fennel bulbs, cored and thinly sliced
- 1/4 cup avocado oil
- 1/4 teaspoon Himalayan salt
- Dash black pepper
- 5 cups curly kale, chopped
- 1 lb. organic chicken breast cutlets, skinless
- 1/2 cup organic, low-sodium chicken broth
- 1/4 cup almond yogurt, unsweetened
- 1 tablespoon whole grain mustard

Directions:

Step 1: Preheat oven to 400° F.

Step 2: On a baking sheet, place prepared fennel and leeks.

Step 3: Toss vegetables with 2 tablespoons avocado oil, Himalayan salt, and dash of black pepper.

Step 4: In a separate bowl, massage kale with 1 tablespoon avocado oil, dash of salt and pepper, and set the kale aside.

Step 5: Bake fennel and leeks for 40 minutes and add kale to the baking sheet for the last 10-12 minutes of baking.

Step 6: Heat 1 tablespoon avocado oil in a large pan, over medium heat. Add chicken and sauté until lightly cooked, about 3-4 minutes per side.

Step 7: In a small bowl, mix almond yogurt, chicken broth, and mustard and pour on top of chicken.

Step 8: Add the roasted vegetables to pan and continue to heat for 3 minutes, then enjoy!

Nutritional analysis per serving: calories 338 • fat 19g • carbohydrate 18g • sugar 7g • protein 26g