

Easy Lemon Chicken

Ingredients

- 2 tablespoons butter
- 1tbsp oil (avocado or olive oil)
- 4 small chicken breasts or two large
- 3/4 cup dry white wine (optional)
- 2 tablespoons lemon juice
- 2 tablespoons capers - high in sodium
- Chopped parsley (optional)

Instructions

1. Season chicken with salt and pepper.
2. In a large sauté pan, heat 1 tablespoon oil over medium-high heat. Add chicken breasts, cook until golden brown on both sides, about two minutes per side.
3. Remove chicken from pan and transfer to a plate. Tent with foil.
4. With the heat on medium, add in white wine, lemon juice, 2 TBSP butter, capers. Turn to low heat, simmer 2 mins.
5. Add chicken back into sauce and simmer a minute or two
6. Garnish with parsley if using.

No Mayo Coleslaw

Ingredients

For the slaw:

- 1/2 medium head of purple cabbage, shredded (about 3 cups shredded cabbage)
- 1/2 medium head of green cabbage, shredded (about 3 cups shredded cabbage)
- 2 heaping cups shredded carrots
- 1 cup finely chopped cilantro
- 1/2 cup green onion (green part only)
- 1 jalapeño, seeded and finely diced
- 1/2 cup pepitas or 1/4 cup toasted sliced almonds - [put in at the end](#)

For the dressing:

- 3 tablespoons extra virgin olive oil
- 2 tablespoons apple cider vinegar -
- 1 tablespoons pure maple syrup
- 1 clove garlic, finely minced
- ¼ teaspoon cayenne pepper, optional
- ½ teaspoon salt

Instructions

1. Add all the ingredients for the slaw except for the almonds and pepitas to a large bowl.
2. In a small bowl, whisk together all the ingredients for the dressing. Pour all over the slaw and toss well to combine. Taste and adjust seasonings as necessary. Cover and place in the fridge for at least an hour to allow flavors to marinate together.
3. Before serving, sprinkle with toasted sliced almonds and pepitas

Savory Greek Yogurt

Ingredients:

- 1 cup plain Greek Yogurt
- 1 teaspoon fresh dill
- 1 teaspoon fresh chives
- 1 teaspoon dried parsley
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1/2 teaspoon salt
- 1 tablespoon vinegar, or lemon juice
- 1-2 tablespoons water, as needed to thin
- 1/2 teaspoon cracked black pepper or 1/4 teaspoon ground black pepper

Instructions:

1. Combine all ingredients in a blender or food processor and pulse until smooth.
2. Taste, add salt and pepper to taste and water to thin to desired consistency. (Add more water for a salad dressing, less if using as a dip.)
3. Chill until ready to serve. Store covered tightly and chilled up to 1 week.