

# Chicken, Black Magic Kale & Artichokes



PREP TIME:  
5 MINUTES

COOK TIME:  
20 MINUTES

TOTAL TIME:  
25 MINUTES

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Recipe type: Gluten Free / Dairy Free

Yield: 4-6 Servings

## Pesto Ingredients:

- 1 – 1 ¼ lbs. Organic Boneless Chicken Thighs (*fat trimmed*)
- 2 TBSP Extra Virgin Olive Oil
- ½ Medium Sweet Onion – *Sliced Thin*
- 3-4 Garlic Cloves Sliced Thin
- 14 oz. Can Quartered Artichokes – *Drained*
- ½ Teaspoon Garlic Powder
- ½ - ¾ Teaspoon Himalayan Sea Salt
- Cracked Black Pepper to Taste
- 4 oz. Organic Vegetable or Chicken Broth
- 4 Large Black Magic Kale Leaves – *Center Stem Removed* – Sliced Thinly
- **Optional Additions:** Any variety mushrooms | spinach | sundried tomatoes

## Instructions:

1. In a large sauté pan add the olive oil. Warm 2 minutes on medium heat.
2. Add onion to pan and let cook down about 5 minutes tossing until begins to soften. Add garlic and let cook 30-60 seconds.
3. Next add in the chicken. Season with sea salt, pepper, and garlic powder. Cook 5-6 minutes until bottom starts to get golden. Flip and season other side of chicken. Allow to cook 3-4 more minutes.
4. Add in the artichokes and broth. Cover with a lid and allow to cook another 5 minutes.
5. Lastly add in the kale – cover for 2 more minutes and then remove from heat.  
***Serve with your favorite roasted vegetable and healthy gluten free grain.***

**\*Try and use all organic ingredients if possible. [ChristiHealthCoach.com](http://ChristiHealthCoach.com)**