



SIMPLE QUAD MEAL IDEAS COMPLIMENTS OF VITAL HEALTH

Creamy Lemon Chicken with Fresh Tomatoes and Basil, Wilted Swiss Chard, Butternut Squash Fries and Cucumber Wedges

Creamy Lemon Chicken with Fresh Tomatoes and Basil

Recipe from divinehealthfromtheinsideout.com

Ingredients:

1-2 Tbs. butter, ghee, coconut oil or lard (from pastured pork)
1 Tbs. minced garlic (or 2 large cloves)
1 ½ cups heavy cream or sour cream
3 lemons

1 pound cooked chicken, sliced or shredded
½ cup basil, chopped
1 cup freshly grated good quality parmesan (optional)
1 quart grape or cherry tomatoes, halved OR 4 cups diced tomatoes

Instructions:

- Heat the fat of choice in a medium saucepan over medium heat.
- Add the garlic, and cook for 60 seconds, then add the cream, the zest and juice of 2 of the lemons, 2 teaspoons sea salt and 1 teaspoon of pepper.
- Bring to a gentle boil, then lower the heat and simmer for 10 minutes, until it starts to thicken.
- Toss the sliced or shredded chicken into the sauce within the last few minutes to heat the chicken.
- When sauce is close to done, stir in the tomatoes and basil.
- Garnish with cheese, lemon slices (from the third lemon) and more basil.

Wilted Swiss Chard

Recipe from eatnourishing.com

Ingredients:

10 large stalks Swiss chard
1 green onion
1 garlic clove
1 Tbs. butter
1 Tbs. extra virgin olive oil
Unrefined sea salt
Freshly ground black pepper

Instructions:

- Carefully wash the Swiss chard and shake it over the sink to remove excess water.
- Dice the green onion and mince the garlic.
- Lay the chard on a cutting board with the stalks lined up together. Slice the thick stalk portion into ½ inch slices.
- Roll the leaves together and then slice them into ½ inch slices and then cut a few times in the other direction.
- In a cast iron skillet, on low heat, melt together the olive oil and butter.
- Add the onion and garlic.
- Saute, stirring for 3 minutes.
- Add the sliced stalks and saute for 3 more minutes.
- Add the leaves and saute for 3 more minutes.
- Salt and pepper to taste.

Butternut Squash Fries

Recipe adapted from thenourishinggourmet.com

Ingredients:

1 butternut squash

4 Tbs. coconut oil, melted

Sea salt and pepper

Instructions:

- Preheat oven 400 degrees.
- De-seed and peel your butternut squash.
- Cut into French fry sized pieces.
- Place squash in a bowl and toss with melted coconut oil, sea salt and pepper.
- Spread on 1-2 sheet pans. You will get better fries if they are more spread out on 2 sheet pans.
- Place in your hot oven for about 45 minutes, switching the sheet pans half way through. This will depend on your oven and how small you cut them, so check early, and leave a time cushion if they take a little longer than you expect.
- You want them to get not only well cooked, but slightly browned as well.

Serve with cucumbers cut into wedges and sprinkled with sea salt and pepper.

Enjoy!