

Chicken Teriyaki

Recipe Adapted From: eatlifewhole.com

Serves 5

Ingredients

⅓ cup low sodium tamari or low sodium soy sauce
2 tablespoons water
1 tablespoon honey, melted
3 cloves garlic, minced
1 tablespoon ginger (about 2" ginger), grated
3 green onions, thinly sliced
2 pounds chicken
(I used 1 pound boneless, skinless breast and 1 pound boneless, skinless thighs)
¼ teaspoon red pepper flakes, optional



Directions

1. Pour ⅓ cup tamari in bowl and add water, melted honey, minced garlic, grated ginger, and half of the thinly sliced green onions (the other half will be used for garnish).
2. Whisk until everything is combined. The sauce is ready to use as a marinade OR store in the refrigerator for up to a week.
3. To marinate, add the chicken and let it sit for about 10 minutes while you pre-heat your pan or grill.
4. Place the chicken on the grill pan or grill and cook until done (timing will depend on thickness of the meat), flipping once.
5. Garnish with the remaining slices of green onion.

Note: You can also use this marinade on fish, beef, tofu or vegetables.

Nutrition Information per Serving: Calories: 220, Total Fat: 6gm, Saturated Fat: 1.5gm, Cholesterol: 145mg, Carbs: 2gm, Fiber: 0gm, Sugar: 1gm, Protein: 38gm, Sodium: 430mg

Kale, Sesame and Ginger Salad

Recipe from: eatlifewhole.com

Serves 4

Ingredients

1 bunch of kale, washed and chopped or torn into 2" pieces (ribs left on)
2 tablespoons toasted sesame seeds

Dressing:

1 tablespoon ginger, minced
2 tablespoons toasted sesame oil
2 tablespoons apple cider vinegar (preferably raw)
1/8 teaspoon fresh ground pepper
1/8 teaspoon sea salt



Directions

1. In a large bowl, prepare an ice bath (about 12 ice cubes and cold water). Set aside.
2. In a medium pot, boil 4 cups of water.
3. Using tongs, blanch kale in hot water for about 30 seconds and immediately drop into the cold ice bath to stop the cooking process. The leaves should turn bright green. Set aside to cool.
4. Prepare your dressing in a small bowl by whisking the minced ginger, sesame oil, apple cider vinegar and salt.
5. Strain the kale to remove all of the water. Toss with toasted sesame seeds and dressing.
6. Enjoy!

Nutrition Information per Serving: Calories: 120, Total Fat: 10gm, Saturated Fat: 1.5gm, Cholesterol: 0mg, Carbs: 8gm, Fiber: 2gm, Protein: 4gm, Sodium: 100mg