

Braised chicken with Brown Rice Flax and Super Crisp Greens



Ingredients & Directions

MAKE a day earlier- soooooo much better next day! Serves 6-8

Braised Chicken

2 tablespoons avocado olive oil

6 whole chicken legs
Salt and freshly ground pepper
1/4 pound thinly diced turkey bacon, finely dice
1 onion, julienne
3 parsnip, finely diced
2 turnips, finely diced
2 celery hearts, finely diced
3 garlic cloves, minced
1/4 cup Crushed Tomatoes
2 cups Zucchini, sliced .25 thick rounds
2 tablespoon tomato paste
3/4 white wine
1/2 cup hazelnut milk
pinch thyme sprigs
pinch rosemary sprig
1/4 cup sliced pitted kalamata olives
1/2 cup low-sodium broth
1 1/2 tablespoons red wine vinegar

Preheat the oven to 350°. In a deep, 12-inch, deep sauté pan, heat the avocado oil.

Season the chicken with sea salt and pepper and cook over high heat turning once, until browned, about 8 to 10 minutes. Transfer the chicken to a plate or platter.

Add the turkey bacon to the sauté pan and cook over moderate heat until lightly browned, about 5 minutes. Add the onion, parsnip, turnips and zucchini and cook over high heat, stirring, until the vegetables are beginning to caramelize, about 4 minutes or so.

Add the tomato paste and wine and cook until the wine is nearly evaporated. After the wine evaporates, add both the stock and hazelnut milk. Add the herb sprigs and olives and season with salt and pepper.

Place the chicken into the vegetables, add the stock and bring to a boil. Cover tightly with lid or tinfoil, transfer to the oven and braise until falling off the bone, about 1 hour 30 mins.

Discard the herbs and serve Carolina Brown Rice

Follow the instructions on the bag and add 2 tablespoons of rice wine vinegar a for every 2 cups of rice being made. Charred Kale chips from the book, pg 28.

Only there is one substitution in the recipe...Instead of the nori use 2 tablespoons of Lemon Zest and One additional teaspoon of sea salt. Place the rice and flax in the bowl, place a big handful of the kale on the rice and the chicken right on top. Place the 2 tablespoons of flax seed for every 2 cups of rice being made.

I hope its winter and your holding someones hand when you eat this.