

Dinner Keto

PESTO CHICKEN and SPRING SALAD WITH AVOCADO

\$3.86/SERVING EST



Ingredients and groceries scaled from original 2 servings

2 lbs. skinless boneless chicken breasts

1 cup basil pesto

3 dashes salt

3 dashes pepper

1 ½ lbs. cherry tomatoes

TO SERVE

6 tablespoons basil pesto

Prep: 5 mins

Cook: 50 mins

1. Smother chicken fillets in the pesto on all sides (about 2 tablespoons of pesto for each chicken breast, depending on your taste). Season with salt and pepper, if desired.
2. Grill: Preheat a barbecue plate, grill pan or skillet over medium-high heat. Cook for 5-6 minutes each side or until

completely cooked through. Transfer to a warm plate. Grill the tomatoes, rotating once, until soft and beginning to brown. Top chicken with extra pesto. Serve with tomatoes.

3. Oven: Preheat the oven to 350°. Line a baking dish with aluminum foil or parchment paper. Arrange the coated chicken breasts in the baking dish and bake in a preheated oven for 30 minutes. At 30 minutes, remove the chicken from the oven and arrange the tomatoes around each fillet. Place the chicken back in the oven and cook for another 20 minutes, or until the chicken is done.

SPRING SALAD WITH AVOCADO

\$2.58/SERVING EST

Ingredients and groceries scaled from original 1 serving

15 cups spring mix lettuce

2 ½ cups cherry tomatoes

1 ¼ avocados peeled, sliced

1/3 cup Italian Dressing

5 dashes salt

5 dashes freshly ground black pepper

Prep: 2 mins

1. Wash spring mix and tomatoes.
2. Peel and slice avocado. Mix salad ingredients in a large bowl, add dressing, salt, and pepper and serve.

