

Dandelion Greens with Chicken Tenderloins

Recipe Type: Main Dish

Serves: 4

Prep Time: 10 minutes

Cooking Time: 20 minutes

C means cup **T** means tablespoon **t** means teaspoon **oz** means ounce

What you need:

- 6 garlic cloves, diced
- 2 T olive oil
- ½ t ground black pepper
- 1 T dried thyme
- 1 lb chicken tenderloins
- 1 bunch of fresh dandelion greens, cut in half
- 1 red or green bell pepper, chopped
- 1 t red crushed chili pepper flakes
- 2 T fresh parsley, chopped (optional)
- 2 T lemon juice (optional)

What to do:

1. Wash your hands.
2. Mix the garlic with 1 T olive oil, black pepper and thyme in a bowl.
3. Rub the chicken with the mix.
4. Heat 1 T olive oil in a large skillet, over medium heat.
5. Add the chicken and cook over medium heat for 15 minutes. Turn each piece 1 or 2 times until golden brown and cooked through (165°F).
6. Add the washed dandelion greens, pepper and crushed chili pepper flakes. Mix well.
7. Cover the skillet and cook for another 2 minutes.
8. Turn off the heat and sprinkle the parsley and lemon juice on top, if you would like.
9. Serve and enjoy!



This is a picture of 1 serving.

Nutrition Facts

Serving Size 1 C

Amount Per Serving

Calories 260

Calories from Fat 130

%Daily Value*

Total Fat 14 g **22%**

Saturated Fat 3 g **15%**

Trans Fat 0 g

Cholesterol 40 mg **13%**

Sodium 410 mg **17%**

Total Carbohydrate 17 g **6%**

Dietary Fiber 6 g **24%**

Sugars 3 g

Protein 20 g

Vitamin A 250%

Iron 40%

* Percent Daily Values are based on a 2,000 calorie diet.

FK=4.3

Note: You can use 1 lb. of shrimp instead of chicken.

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