

# Dinner - Main

## Rosemary Chicken

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### Ingredients

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- 1 lb boneless skinless chicken breasts
- 2 Tbsp fresh rosemary
- Salt and pepper to taste
- 1 Lemon, juiced
- 3 Tbsp grapeseed oil, divided

### Instructions

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1. Salt and pepper chicken, marinate with juice from lemon and 2 Tbsp oil. Marinate for 30 minutes up to overnight.
2. Heat remaining 1 Tbsp oil in a large pan over medium high heat.
3. Add chicken and rosemary, cover and cook for 6-8 minutes.
4. Flip the chicken and cover again for 6-8 minutes or until the internal temperature reaches 165 degrees.

## Dinner - Side

# Sautéed Collard Greens & Roasted Carrots

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## Ingredients

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### Sautéed Collard Greens -

- 1 bunch collard greens with ribs removed and leaves chopped
- 1 Tbsp grapeseed oil
- 1 clove garlic, minced
- ¼ cup dry white wine (or water)
- Salt and pepper to taste

### Roasted Carrots -

- 3 lbs carrots, peeled and cut into 3" pieces, halved lengthwise or quartered if large
  - ¼ cup grapeseed oil
  - 1 tsp salt and pepper
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## Instructions

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### Sautéed Collard Greens -

1. Heat oil in a large pan over medium heat. Add garlic and cook for 1 minute.
2. Add greens and a pinch of salt.
3. Add wine or water, cover, and cook for 6 minutes. Add additional salt and pepper to taste prior to serving.

### Roasted Carrots -

1. Preheat oven to 450 degrees. Toss cut carrots in oil, salt and pepper.
  2. Place carrots in a single layer on a large baking sheet.
  3. Roast in the oven for 35 minutes, toss halfway through.
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