

# KETO ORGANIC CHICKEN BREAST



*By Food lovers recipes*

## KETO ORGANIC CHICKEN BREAST

Keto organic chicken breast, with steamed bell peppers, and kale, topped with Havarti cheese and served with homemade beetroot-cashew dip.

4 skinless, boneless chicken breasts (I keep left overs for salads)

6.7 oz each = 201 calories per breast

4 tsp dried hibiscus tea: 0 calories

20 g of quinoa cream of mushroom soup mix: 70 calories (divide by two for caloric value for one person) = 35 calories

Maldon salt to taste: 0 calories

Organic dark kale: 100 g: 49 calories (for two ppl)

(divide by two for caloric value for one person) = 24.5 calories per person

Mixed bell peppers, sliced: 200 g: 40 calories (for 2 ppl)

(divide by two for caloric value for one person) = 20 calories per person

Havarti cheese, shredded: 21 g: 80 calories = 80 calories per person

Rub chicken breast with dried hibiscus tea, mushroom soup mix and salt.

In Instant Pot, pressure cook the chicken for 40 mins on high. Place on a baking sheet in oven at 375°F to brown both sides . Steam veggies till kale turns a deep, brighter green.

Serve with chicken, beet cashew dip, and top with cheese.

#### Beet Cashew Dip:

1 cup raw cashews

1 cup raw sunflower seeds

2 cups filtered water, for soaking the nuts and seeds

2 cups cooked sliced beets

1½ cup organic lemon juice

1½ cup extra virgin olive oil

1¼ cup filtered water

2 Tbsp organic balsamic vinegar

1 tsp raw liquid honey

2 ½ tsp Herbamare

#### Full of Goodness

Packed with vitamins (A & C)

Good source of dietary fibre

Rich in iron & potassium

Due to its high fibre content, beetroot is great for supporting the digestive system, helping to prevent constipation and keep bowels healthy and regular.

The iron content in beetroot means it's good for those with anaemia and fatigue.

#### How to make Beet Cashew Dip

Soak the cashews and sunflower seeds in 2 cups of water for 4 hours. Drain and rinse well.

Combine all ingredients in a food processor and process until smooth.

Will keep for up to 1 week in the fridge.

Calories: 181 per 1/3 cup portion

541.5 calories per person for this meal, depending on portion size.

Recipe posted by Annie Goussard Newton

Photo: Annie Goussard Newton