

# Kale Pesto



## INGREDIENTS

- ½ cup Pumpkin Seeds toasted
- 1 small Garlic Clove
- 1 cup (packed) fresh Parsley leaves
- 3 tablespoons chopped fresh chives
- 2 cups torn Tuscan Kale leaves, divided
- 3 ounces Parmesan, finely grated (about 2 cups)
- 2 tablespoons of Olive Oil
- 2 tablespoons of Lemon juice

## RECIPE

- Pulse garlic and half of toasted pumpkin seed in a food processor until very finely ground.
- Add parsley, chives, half of kale, 2 Tbsp. oil lemon juice and cold water; process until smooth; season pesto with salt and pepper.

Can be made the day before. Good for one week

# Chicken Velvet



## INGREDIENTS

- Olive Oil for pan
- 2 tablespoons Butter melted
- 1 tablespoons (TBS) Flour / Potato Flour
- 1 teaspoon (tsp) Cornstarch
- ½ teaspoon Black Pepper
- 2 Chicken Breast (split even insize makin g 4 pieces)

# Chicken Velvet



## RECIPE

Preheat oven to 350°F

Heat oil in pan on Medium High heat.

Mix butter, flour and cornstarch together.

Towel dry chicken on both sides. Baste one side of the chicken with butter mixture and then add it to the pan coated side down. Cook until browned for about 3-4 minutes. Then baste the other side with the leftover amount of butter mixture while waiting for the first side to brown.

Using tongs flip over chicken and lower temperature to medium and cook the other side until browned another 3-4 minutes. Transfer Chicken to a plate and now begin the pan sauce that will be used for the risotto. (see kale pesto risotto)

# Kale Pesto Risotto



## INGREDIENTS

- 4 tablespoons Olive Oil
- 1 medium Onion, finely chopped
- 1 cup Arborio Rice
- Kosher Salt and freshly ground Black Pepper
- ½ cup Dry White Wine
- 2 tablespoons Unsalted Butter
- 2 cups of Hot Water or Chicken Stock
- 1 Lemon sliced into wheels

# Kale Pesto Risotto



- With the same pan used for Chicken over medium heat add onion and cook while stirring often trying to scrape the bottom of the pan until softened and translucent (2–4 minutes). Stir in rice and season with salt and pepper. Cook, stirring, until some grains are translucent, about 5 minutes.
- Add white wine, and bring to a simmer, cook until the pan is almost dry (about 3 minutes).
- Add 2 cups of very hot water or chicken stock season with salt and pepper.
- Bring to a simmer, add chicken breast on top and cover. Bake in oven until liquid is mostly absorbed but rice is still a bit white in center (17–20 minutes our goal is a chicken right at 160°F).
- When you pull the pan out of the oven remove chicken from the pan and set the pan still with rice over medium heat.
- Add  $\frac{3}{4}$  cup water to cook rice, stir constantly, until it is tender but still has some bite (al dente) and the sauce is a bit creamy, about 3 minutes.
- Stir in pesto, butter, three-quarters of Parmesan and remaining kale (left over from making pesto). Adjust consistency with water, if needed; season with salt and pepper.
- Serve topped with remaining pumpkin seeds, cheese, lemon wheels and chicken.