

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 pound (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)



This is a picture of 1 serving.

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, bell 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!

Nutrition Facts

4 servings per container

Serving size 1 Cup (177g)

Amount per serving

Calories 210

% Daily Value*

Total Fat 9g 12%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 65mg 22%

Sodium 90mg 4%

Total Carbohydrate 6g 2%

Dietary Fiber 2g 7%

Total Sugars 2g

Includes 0g Added Sugars 0%

Protein 27g

Vitamin D 0mcg 0%

Calcium 55mg 4%

Iron 3mg 15%

Potassium 171mg 4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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

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