

Fenugreek-Spiced Chicken with Sautéed Red Chard

Makes 8 servings (1 serving \approx $\frac{3}{4}$ cup chicken and sauce mixture and $\frac{3}{4}$ –1 cup sautéed chard)

3 tablespoons coconut oil, divided

1 small red onion, diced

2 garlic cloves, minced

$\frac{1}{2}$ teaspoon cardamom powder

$\frac{1}{2}$ teaspoon coriander powder

1 teaspoon fenugreek powder

1 teaspoon chili powder

1 teaspoon sea salt

6 ounces tomato paste (if using a can, make sure it says “BPA-free”)

$\frac{1}{2}$ cup coconut milk (if using a can, make sure it says “BPA-free”)

2 $\frac{1}{2}$ pounds boneless, skinless chicken thighs, cut into bite-sized pieces

2 pounds red chard, diced, with tough stems removed

$\frac{1}{2}$ cup grass-fed ghee or butter (optional)

Directions

1. In a large skillet or medium stock pot, heat 1 tablespoon coconut oil over medium heat. Add the diced onion, and sauté until translucent. While onion is cooking, measure the spices into a small bowl (cardamom, coriander, fenugreek, chili powder, and salt).
2. Once onions are translucent, turn the heat down to low. Add the spices, and stir well to make a paste.
3. Add the tomato paste and stir, forming a thick mixture.
4. Turn the heat back up to medium, and add the coconut milk. Stir frequently to blend into a thick sauce.
5. Bring the sauce to a simmer, and add the chicken. Stir well, and turn the heat down to medium-low. Cover, and cook for approximately 15 minutes, stirring frequently, until the chicken is done all the way through.
6. While the chicken is simmering, cook the chard in two batches. Using a large skillet, melt 1 tablespoon coconut oil, and sauté half of chard (1 pound) for 4–5 minutes, or until tender. Remove cooked chard to another dish, and repeat process with another 1 tablespoon coconut oil and remaining 1 pound of chard.
7. After the chicken is cooked, add the ghee or butter, and mix into the sauce until melted. Serve the chicken over the sautéed red chard.

Tip: Save time by having the butcher cut the chicken into bite-sized pieces for you

Nutrition (per serving):

Calories: 349

Fat (g): 21

Sat. Fat (g): 13

Cholesterol (mg): 151

Sodium (mg): 788

Carbohydrates (g): 10

Fiber (g): 3

Protein (g): 31