



LA CUISINE

Personal Chef Service

**Chicken, Kale, Blueberry, Feta and Quinoa Salad with Lemon-Basil Dressing
FROM LA CUISINE PERSONAL CHEF SERVICE**

Servings 5, approximately 400 calories per serving, about 1 cup per serving

1 8 oz. boneless, skinless chicken
breast
1 bay leaf
2 cup(s) kale, fresh, chopped
2 cup(s) water
1/2 lemon, sliced
1 cup(s) quinoa, 2 cups cooked
1 1/2 cup(s) blueberries

1/2 cup(s) Feta cheese, crumbled
1/4 cup(s) basil leaf
FOR DRESSING
1 lemon, juiced and zested
1/4 cup(s) olive oil
2 teaspoon(s) mustard
1/4 cup(s) basil leaf, fresh, chopped
salt and pepper, to tasted

First poach chicken: Fill a deep sauté pan 3/4 of the way with water. Add salt and pepper, bay leaf and 1/2 sliced lemon. Bring to a simmer and add chicken breast. Poach until cooked through, about 10 minutes, depending on the thickness of the chicken. Remove from chicken from water and cool completely. Dice into bite-sized pieces.

For dressing:

In a blender or food processor blend together the lemon juice, zest, olive oil, mustard, fresh chopped basil, salt and pepper. Set aside.

Cook quinoa and completely cool, fluff with a fork.

Wash kale and chop into small, bite-size pieces, removing center rib from each leaf.

In a medium bowl, gently stir together the cooled quinoa and kale. Add 1/4 cup fresh basil and mix again. Right before serving, add blueberries, chicken and feta and toss with dressing. Use dressing sparingly or salad will become mushy.

Serve immediately.



Kale and White Bean Korma
FROM LA CUISINE PERSONAL CHEF SERVICE

Servings: 4 Approximately 350 calories per serving, about 1 1/2 cups per serving

1/2 tablespoon(s) olive oil
1 yellow onion, diced
1/2 teaspoon salt
4 garlic cloves, minced
1 teaspoon(s) ginger root, grated
1 medium sweet potato, peeled and cubed
8 ounce(s) tomato sauce
1 1/2 tablespoon(s) curry powder
1/2 14 1/2 oz. can(s) coconut milk, light
4 cup(s) kale, fresh, chopped
1/2 15 oz. white beans, drained and rinsed

Heat oil in a large Dutch oven or heavy saucepan over medium heat until shimmering. Add the onion and a pinch of salt and cook, stirring frequently, for 4 to 6 minutes, or until soft and translucent.

Stir in the garlic and ginger, then continue stirring until fragrant, about 1 minute.

Stir in the curry and cook for 30 seconds. Stir in sweet potatoes and tomato sauce continue to cook, stirring occasionally for 10 minutes or until the potatoes begin to soften.

Add the coconut milk, and kale to the pot. Reduce the heat to low, cover, and simmer for 20 minutes, or until the potatoes are soft and completely cooked through, stirring every few minutes. Add beans during the last 5 minutes of cooking to heat. Salt and pepper to taste.

Serve and enjoy!

This dish can be kept up to 4 days and reheated in the microwave.