Lemony Kale Salad

Servings: 6 - 8

Ingredients

1 ½ teaspoon sea salt

¼ cup lemon juice

1/3 cup extra virgin olive oil

1 clove minced garlic

1/4 teaspoon ground black pepper

2 cups finely chopped kale

2 cups cooked grains or beans (lentils, quinoa or brown rice)

1 cup crumbled feta cheese (optional – use goat or parmesan instead)

¼ cup toasted pine nuts (you can also use pecan, walnut or almond)

¼ cup dried cranberries, raisins or golden raisins

In a large bowl whisk together salt, lemon juice, oil, garlic, and pepper. Add chopped kale to dressing and combine. Add remaining ingredients and stir to combine. Serve chilled.

Lemon Chicken

Serves: 4

Ingredients:

1 ½ lbs. boneless skinless chicken thighs

1/3 cup extra virgin olive oil plus more for pan

3 large lemons or enough for 1/2 cup juice and 6 slices of lemon

1 – 2 large shallots, sliced

3 cloves garlic, chopped

1 teaspoon dried thyme

1 teaspoon dried oregano

Sea salt and freshly ground black pepper

Fresh chopped parsley for garnish

Directions:

Preheat oven to 375 degrees. Lightly drizzle olive oil in a glass or ceramic baking dish. Add chicken thighs and set aside. In another bowl, combine the lemon juice, shallots, garlic, thyme and oregano and whisk until well incorporated.

Pour the mixture over the chicken thighs and toss to coat.

Nestle lemon slices around the chicken and season with sea salt and pepper.

Place the chicken in the oven for about 35 – 40 minutes or until shallots are starting to brown and the juices are bubbling.

Remove and garnish with fresh chopped parsley.

Serve the chicken and its juices over steamed rice or quinoa.

**Lemon Love Cupcakes (Gluten and Dairy Free)**

**Makes: 24 cupcakes**

**Ingredients:**

1/2 cup olive oil

2/3 cup pure maple syrup (for a sugar free version, use 2/3 cup allulose or monk fruit sweetener)

3 eggs

2 lemons, zest and juiced (reserve 2 tsp zest and some lemon juice for icing)

½ cup thick coconut milk, coconut cream or coconut yogurt

2 tsp vanilla

1 ½ cups blanched almond flour (packed)

¾ cup cassava flour

1 tsp baking powder

½ tsp sea salt

**Directions:**

Preheat oven to 325 degrees. Line two cupcake pans with paper liners.

In a stand-up mixer or hand mixer, combine the olive, pure maple syrup and eggs and beat for about 3 minutes until mixture is well blended and lighter in color.

Add your lemon juice and zest, coconut milk and vanilla and mix for a few minutes.

Combine the almond flour, cassava flour, baking powder and sea salt in a bowl and mix until well incorporated.

Fold your flour mixture into your wet mixture and pour into your cupcake pans.

Bake in the oven for approximately 20 - 24 minutes or until a fork placed in the center of the cupcake comes out clean.

Sprinkle with powdered sugar, or combine powdered sugar with some lemon zest and juice until a glaze is formed and spoon onto your cupcake rounds (use monk fruit powdered sugar for a sugar free version). See below for large cake directions:

Slice and enjoy!!!

**Make this as a cake instead**: Line a round or square baking pan with parchment and lightly cover with oil or butter. Add your batter to the pan and bake for 45 – 50 minutes. Let cool, then slide a thin knife or spatula around the edges of the cake pan. Place a cake plate over the top and flip upside down. Remove the pan and parchment paper

Sprinkle with powdered sugar, or combine powdered sugar with some lemon zest and juice until a glaze is formed and pour over the cooled cake (use monk fruit powdered sugar for a sugar free version).

PS: I also love to decorate with some whipping cream on top and garnish with some fresh strawberries and a little extra zest of lemon.

XOXOXOXO