

Garlic Chicken, Spiralized Potato, and Roasted Vegetables (Whole 30, Paleo)

Shopping List:

Serving size 1

- 1 organic, boneless, skinless chicken breast
- 2-4 tbsp Mama's Garlic Sauce
- 6-8 Brussels Sprouts, halved
- 1/2 purple onion, sliced
- 4-6 garlic cloves, peeled
- 1 Russet, Yukon, or sweet potato
- pink Himalayan salt, to taste
- Paprika, to taste
- Garlic powder, to taste
- onion powder, to taste

Roasted Vegetables: Wash the Brussels sprouts and cut off the stems. Cut them into halves. You can drizzle a little olive oil or coconut oil them if desired. Add it to a foil lined, greased [baking sheet](#). I prefer to use foil to minimize clean up, but if yours is non-stick you can use that without foil.

Cut and peel the purple onion. Slice it into bite size pieces. Add this to the [baking sheet](#).

Peel the garlic cloves and cut off any brown ends, if needed. Add this to the baking sheet.

Sprinkle the vegetables with salt, and the optional garlic powder and onion powder. Roast these in the oven for 30-40 minutes, until browned/charred as desired. You can use or add different vegetables if desired such as: cauliflower, broccoli, bell peppers, egg plant.

Spiralized Potatoes: Rinse and peel the potato. Cut off the ends to create a flat surface one each end. Place the potato into the [Spiralizer](#) and using blade C (if you have the [Paderno Tri-blade spiralizer](#)) turn the handle to create potato "noodles". Sprinkle with salt, paprika, garlic powder, and onion powder - all to taste. Add these to the baking sheet already in the oven to begin roasting them for 25-30 minutes. Watch for these to

be done as you want them to crisp up a little, but soften as well as indication that they're cooked. Ovens and cooking times may vary some.

Garlic Chicken: Take the chicken breast out of the refrigerator while prepping the other items so that it warms to room temperature. I used about 4 tbsps. of a pre-made, organic, gluten free, garlic sauce for my chicken. However, you can easily whip up your own using 2 to 3 tbsp. olive oil, 3 minced garlic cloves, a dash of balsamic vinegar, a dash of garlic powder, a dash of crushed red pepper, and a smidgen of salt. Alternatives or in addition to this would be to add a squeeze of lemon juice, coconut oil, Italian seasonings, or simply rosemary or thyme tastes great too! Sauté the chicken breast in a [non stick skillet](#) with 1 tbsp. olive oil or coconut oil, or in the [Copper Chef pan](#) if you have one, flipping occasionally, until there is no pink in the center.

The garlic will darken as it cooks.

Serve the chicken over the [spiralized](#) potato "noodles" with the vegetables and coconut flour bread on the side.