

## **Italian Seasoned Organic Ground Chicken and Oven Roasted Brussels Sprouts with Rutabaga Pasta**

(Paleo and Whole 30 friendly)

Servings: 1

### Shopping List

- 4 to 8 oz organic ground chicken (or turkey)
- 1 rutabaga
- 6 to 8 Brussels sprouts
- 1/2 onion (any color)
- Italian seasoning
- dried oregano
- pink Himalayan salt (or your salt of choice) to taste

Start by washing the Brussels sprouts and cutting off the ends of them. Cut them in half and place them on a greased, foil lined baking sheet and put them in the oven with the dinner rolls. They will be roasted at 350\* F for 20-25 minutes or until charred to your preference.

Next heat up a non-stick skillet on medium heat and add in 1 tbsp. olive oil. Peel and dice 1/2 onion and add it to the skillet. Then add in your 4 to 8 oz. of organic ground chicken (or turkey). Allow this to cook thoroughly and stir occasionally. I added a dash of pink Himaylan salt while it was cooking.

In a separate bowl I added 2 tbsp. olive oil with 1 tbsp. Italian seasoning and 1/2 tbsp. dried oregano with a dash of pink Himalayan salt. When the Brussels sprouts are done roasting and the chicken is thoroughly cooked, I combined them with this olive oil mixture and stirred it together. This will be added to your "pasta" below.

Rinse and peel the rutabaga, and cut off the ends of it to create a flat surface. Place the rutabaga into the Spiralizer. Using blade B (if you have the Paderno Tri-blade Spiralizer), turn the lever to make the "pasta". When this is done, place the "noodles" into a non-stick sauté pan with 1 tbsp. olive oil or no oil if using the Copper Chef pan. Cook the "noodles" stirring occasionally to ensure they're heated and softened a little before serving. If you want to add Italian season to the "noodles" directly for more flavor you can.

When everything is cooked thoroughly, serve the Paleo Italian ground chicken and Brussels sprouts mixture over the rutabaga pasta.