

Rosemary Chicken, Turnip Noodles (Aglio et Olio), and Roasted Butternut Squash

(Paleo, Whole 30)

Servings: All dishes were prepared for one person, so if you plan to cook for more than one just multiply the serving sizes!

Shopping List:

- 1/3 to 1/2 onion (I prefer purple, but any type works)
- 2 cloves of garlic
- 1 medium turnip
- 1 small butternut squash, or precut fresh butternut squash
- 1 to 2 thin sliced, organic boneless skinless chicken breast
- 1/4 cup almond flour
- 1 organic egg
- dried rosemary
- dried basil
- dried oregano
- ground thyme
- ground sage
- onion powder
- garlic powder
- fleur de sal
- pink Himalayan salt
- truffle salt
- olive oil
- truffled olive oil

Paleo Roasted Butternut Squash: Start this first because it takes longest to cook. Sprinkled pink Himalayan salt and dried rosemary on top of and tossed it onto a greased foil lined baking sheet to roast for 20-30 minutes at 350 F. You can vary this up so easily, as well as roast it to your preference. Normally I roast things 30-45 minutes depending on the vegetable.

Paleo Rosemary Chicken: I am sure it is frustrating when I say I do not measure things sometimes when I cook. I am sorry for that, but I'd be dishonest if I said to use a 1/2 tsp of this and 1/4 tsp of that when truly I didn't measure it. Plus, providing you measurements could result in a different flavor than what I had! However, I do think that this allows you to season to your taste preference. You may like more rosemary or more thyme, etc. so don't be afraid to add a dash more of whatever you like.

Using a thin sliced organic chicken breast warmed to room temperature, coat it with egg before dredging it through the following flour mixture. **Almond flour breading:** almond flour, fleur de sal (salt), onion powder, garlic powder, ground thyme, ground sage, and dried rosemary. I baked it for about 15 minutes in the oven at 350 F. I cut into it to make sure there was no pink flesh and then sprinkled more dried rosemary on top of the chicken. Make sure to check the color of the meat or use a meat thermometer to ensure it is done cooking.

Paleo Turnip Noodle Pasta (Aglio et Olio...sort of): Wash and peel your turnip, then cut off the ends to there's a flat surface. Place your turnip onto the Spiralizer (I used blade C on my 3-blade Spiralizer) and begin to spiralize it into noodles.

MAGIC.EVERY.TIME. I used my trusty nonstick pan to sauté it this time instead of the **Copper Chef** pan because my 1/2 of the turnip produced an enormous amount of "noodles" that the copper pan could not have held. I started the dish by sautéing onions and fresh garlic in a tiny bit of olive oil. Once the onions become translucent you can add the turnip noodles. I drizzled truffled olive oil over the turnip noodles, then added truffle salt, pink Himalayan salt, dried basil and dried oregano. You can keep adding these seasonings to it if you like more flavor like I do. I just taste test the dish until I like it. And yes, I said TRUFFLED olive oil. It's less expensive than splurging on straight truffle oil but has a nice amount of truffle flavor to it.