

Whole 30 Chicken Piccata with Spiralized Butternut Squash, Roasted Cauliflower, and Paleo Dinner Rolls

Shopping List

For the butternut squash:

- 1 medium butternut squash, peeled, Blade D, noodles trimmed
- olive oil, to drizzle
- 1 teaspoon garlic powder
- salt and pepper, to taste

For the chicken:

- 1 egg, beaten
- 2 skinless and boneless chicken breasts, butterflied and then cut in half
- salt and pepper, to taste
- 1/3 cup freshly squeezed lemon juice
- 1/2 cup chicken stock, low sodium
- 1/4 cup capers, rinsed
- 1/4 cup freshly chopped parsley

For the chicken breading:

- 3/4 cup almond meal
- 1/2 teaspoon garlic powder
- salt and pepper, to taste
- 1/2 teaspoon dried parsley flakes
- 1/2 teaspoon dried oregano flakes
- 1/4 teaspoon onion powder

For the roasted cauliflower and onions

- 1/2 to 1 head cauliflower
- 1/2 purple onion, chopped
- Truffle salt
- 1 tbsp olive oil (optional)

For the dinner rolls:

- 3/4 cup tapioca flour (or arrowroot flour)
- 1/2 cup coconut flour
- 1/2 cup water
- 1/2 cup and 4 tbsp olive oil
- 1 large, organic egg
- 1 tsp salt