



Pistachio Crust Chicken with Spinach and Goats Cheese

Chicken:

4 six ounce chicken breasts, (try to use thin cut breasts for best results)

1 cup pistachio nuts, finely ground (breadcrumb consistency)

½ cup pistachio nuts, roughly chopped

Goats Cheese & Spinach filling:

6-8oz. Chevre or Feta cheese

1 cup fresh spinach, roughly chopped

1 shallot, minced

1 Spanish onion, minced

2 tbsp. extra virgin olive oil

Kosher salt and white pepper, to taste

Method:

~ Pre-heat oven to 375 degrees.

~ Place the olive oil in a medium sauté pan over high heat. Add the onion and shallots and sauté over high heat for 2-3 minutes until softened.



~ Place the cheese and spinach in a medium bowl and add the sautéed onion and shallot mixture to the bowl. Season to taste with salt and pepper.

~ Place chicken breasts on a flat surface or cutting board. With a medium size spoon, scoop enough of the cheese mixture to place in the center of the chicken breast, making a torpedo shape with the cheese to keep it in place.

~ Roll the chicken to encase the cheese filling inside. Place each breast, one at a time into the finely ground pistachio nuts and roll until evenly coated. Next, place each breast in the roughly chopped pistachios, pressing firmly to help the nuts adhere.

~Place the chicken breasts in a baking dish and drizzle with just a bit of olive oil. Place into a preheated oven, uncovered, for 8-10 minutes. At this point you will want to remove the chicken from the oven and cover with foil to keep the nuts from burning. Return to oven and continue to cook for an additional 1-5 minutes.

~ When the chicken is thoroughly cooked, remove from the oven and let rest for 2-3 minutes.

~While the chicken is resting, place quinoa salad on a plate. Slice the chicken and place gently on the side of the salad. Finish with a drizzle of Shallot-Sherry cream sauce and serve.



Quinoa Salad with Minced Vegetables and Herbs

1 cup cooked quinoa (prepare according to package instructions)

1/2 cup red onion, minced

½ cup scallion, chopped

½ cup roasted red bell pepper, diced

Fresh basil, cilantro, and parsley, chopped

½ cup fresh spinach, rough chop

¼ cup dried cranberries (or any dried fruit of choice)

¼ cup toasted pecans, roughly chopped (or any nut of choice)

2 tbsp. fresh lemon juice (roll lemon prior to juicing)

Kosher salt and black pepper (to taste)

4 tbsp. extra virgin olive oil

¼ cup balsamic vinegar

Method:

~ In a medium bowl combine cooked quinoa, and all vegetables.

~ In a small bowl, combine lemon juice, oil, balsamic, herbs, nuts and fruit. Whisk together and let rest 10-15 minutes. Pour vinaigrette over quinoa and vegetables.



Shallot/Sherry Cream Sauce

2 cups heavy cream

½ cup cream sherry

2 shallots, finely diced

1 medium Spanish onion, finely diced

2 tbsp. gluten-free flour mixture

2 tbsp. extra virgin olive oil

Grated Parmesan cheese for garnish

Method:

~ Place olive oil in a medium sauté pan over high heat. Place the onion and shallots into the pan and sauté 2-3 minutes. Sprinkle the onions and shallots with the gluten-free flour mixture and coat the vegetable. Let cook for 1-2 minutes, to lightly brown the roux.

~ Add the sherry to the pan and stir to combine. Allow the sherry to reduce by ½ in the pan for 3-5 minutes, stirring often. Pour the heavy cream into the pan, stirring constantly, and let cook until thickened 3-5 minutes.