

Lemon Ginger Chicken

RELIEF FROM NAUSEA

Directions cont.

6. Turn the chicken over and scatter the lemon slices on top. Transfer the pan to the oven and cook 15-25 minutes (depending on the size of your chicken), or until the chicken is cooked through (the internal temperature in the thighs should read 165° F and the juices should run clear).

7. Let the chicken rest for 10-15 minutes before serving—you can serve it straight out of the skillet!

Notes

Great for make ahead meal prep.

Additional benefits:

- Great source of protein to help fuel your day.
- Excellent source of vitamin C.
- Supports healthy digestion.

Nutrition Info

441 calories, 34g protein, 32g total fat, 8g saturated fat, 514mg sodium, 3g carbs, 0g fiber, 0g added sugars



Farro with Pomegranate & Apple

TASTE CHANGES

15 Min. Prep | 30 Min. Cook |
Makes 4 Servings

Ingredients

- 1 cup farro, cooked
- 1/2 cup pomegranate seeds
- 1 cup apple, peeled, cored, and diced
- 2 cups Tuscan kale, chopped
- 2 scallions

FOR DRESSING:

- 1 clove garlic, minced
- 2 Tbsp orange zest
- 3 Tbsp orange juice
- 1 Tbsp white wine vinegar
- 3 Tbsp olive oil
- 2 tsp Dijon mustard
- salt & pepper, to taste



Directions

1. Bring a medium saucepan with 3 cups of water to a boil. Add farro, reduce heat to medium and cook for 25-30 minutes, until tender. Drain farro through a mesh sieve and set aside to cool.
2. Meanwhile, make the dressing. Combine the garlic, zest, orange juice, vinegar, oil, mustard, salt and pepper in a small bowl. Whisk to combine.
3. In a large bowl combine the pomegranate seeds, apple, kale, scallions and farro. Toss to combine. Add 3 tablespoons of the dressing to the salad and toss.