

HEALTHY, HAPPY & WHOLE

with *Shaunna Leinster*

“Easy recipes that nourish your soul”



SEED-CRUSTED CHICKEN STRIPS WITH SUNFLOWER SEED AIOLI

Ingredients (Chicken Strips)

- 2 tbsp flax meal
- 6 tbsp filtered water
- 4 chicken breasts, cut into strips
- 1 cup gluten-free flour
- ¼ cup raw, unsalted pumpkin seeds
- ¼ cup raw, unsalted sunflower seeds
- 1 tbsp hemp hearts
- 1 tbsp sesame seeds
- ½ tsp garlic powder
- 1 tsp minced onion flakes
- ½ tsp paprika
- 2 dashes of turmeric
- ¼ tsp pink Himalayan sea salt
- ¼ tsp freshly ground black pepper

Preparation (Chicken Strips)

1. Preheat oven to 375°.
2. Combine flax meal and water in a medium-sized bowl and allow to sit for 5-10 minutes. This will allow it to congeal to resemble an egg.
3. Meanwhile, prepare seed crust by combining in a blender the pumpkin seeds, sunflower seeds, hemp hearts, sesame seeds, and all spices. Pulse until combined but still a little chunky. You don't want it to turn into a powder.
4. Next, put the flour in one bowl, the flax egg in another bowl and the seed mixture in a third bowl, setting up your dredging station. Dip the chicken strips in the flour, shaking off any excess, then in the flax egg mixture, and finally, dredge them in the seed mixture until lightly coated and press down on them gently to ensure it all sticks. Place your strips on a parchment-lined baking sheet with a cooling rack, making sure to leave room between each one so they can crisp up in the oven. Bake for 20 minutes, turning once half way.
5. Transfer to a cooling rack and let cool for 10 minutes before enjoying.

Yields 16 strips



SUNFLOWER SEED AIOLI

Ingredients

- 1 cup raw, unsalted sunflower seeds, soaked
- ¼ cup chopped parsley
- 1 clove garlic
- 1 tbsp apple cider vinegar
- Half a lemon, juiced
- Pink Himalayan sea salt and freshly ground black pepper, to taste
- 2 tbsp extra virgin olive oil
- Filtered water, as needed

Preparation

1. Soak sunflower seeds in filtered water for a minimum of 3 hours, or overnight. Drain and rinse and set aside.
2. In a high-speed blender, combine soaked sunflower seeds, parsley, garlic, apple cider vinegar, lemon juice, salt and pepper and 1 tbsp of filtered water. Turn on the blender and then slowly pour in the olive oil until mayo is smooth and there are no lumps. You may have to scrape down the sides of the blender a couple of times to achieve this. Depending on your blender or the consistency you prefer, add more water.

Serve with Seed-Crusted Chicken Strips and enjoy

Facts:

- Grinding up seeds is a great alternative to traditional breadcrumbs!
- Aioli (fancy name for mayo) is great with cashews, but I often choose sunflower seeds because they are less expensive and many people have allergies to nuts. Sunflower seeds are just as creamy as cashews.
- I use a “flax egg” when making the chicken strips. This is made by soaking flax meal in water for 5-10 minutes until it congeals to resemble egg whites! Any chance I have to throw in a super food, I take it. Also, we tend to eat a lot of eggs and we can become intolerant to foods we eat too often.



CHICKEN PENNE WITH SWEET POTATO SAUCE

Ingredients

- 1 medium sweet potato, peeled and chopped
- 1 large red pepper, roughly chopped
- 1 pint cherry tomatoes
- 1 medium onion, peeled and quartered
- 2 garlic cloves, crushed and peeled
- 2 tbsp + 1 tsp organic, unrefined, cold-pressed coconut oil (or grapeseed oil)
- 2-4 chicken breasts cut into strips
- 1 cup coconut milk
- 1 scotch bonnet pepper, seeded and finely diced
- 8 fresh basil leaves, roughly chopped
- 1 tbsp fresh oregano leaves
- 2 tbsp fresh parsley, roughly chopped
- Sea salt
- Freshly ground pepper
- Brown rice penne, or pasta of choice

Preparation

1. Preheat oven to 350°.
2. Line a large baking sheet with parchment paper and lay out your sweet potatoes, red peppers, cherry tomatoes, onion and garlic. Drizzle with 2 tbsp of coconut oil and cover loosely with a sheet of aluminum foil so the veggies don't burn. Bake for 1 hour.
3. Meanwhile, in a large pot, heat 1 tsp of coconut oil over medium-high heat and brown the chicken pieces. It is important to do it in 2 or 3 batches to ensure you are not steaming the chicken but evenly browning each piece. Remove chicken and set aside in a bowl.
4. In the same pot, turning the heat down to low, add roasted veggies, coconut milk, scotch bonnet, salt and pepper. Using an immersion blender, blend until a smooth texture has been reached. If you find it too thick for your liking, add more coconut milk a little at a time. Add the chicken pieces back to the pot, along with all the juices its been sitting in, and stir in the fresh basil, oregano and parsley. Cover and let simmer for 10-15 minutes. Adjust seasoning if required.
5. Meanwhile, cook brown rice pasta according to package directions. Do not overcook!
6. Spoon the sauce over the pasta and serve with a green salad. Yum!

Facts:

- The seed mixture makes these strips extra packed with protein - great post-workout meal
- They are also packed with healthy fats and oils which are vital for our brain and nervous system function

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