

Lemon Pepper Chicken with Beet Salad

2 lbs Lemon Pepper chicken tips
2 beets, cooked and diced
1 cup Spanish onion, chopped
2 cups baby kale
2 clementines, peeled and separated
½ cup of sunflower seeds
1 tbsp. Olive Oil
Salt & pepper to taste

Beet salad: Mix all ingredients (beets, onion, kale, clementines and sunflower seeds). Season with salt & pepper. Drizzle the olive oil over it and mix again. This salad is great at room temperature. Pan sear the chicken tips on medium high heat 5-6 minutes per side until thoroughly cooked at 165 F internal temperature. Serve next to beet salad.

