

Please be advised that not all of the recipes are appropriate for all people.
If you have specific dietary restrictions and are unsure if a recipe works for you, please contact us.

Chicken Bryan

[The Real Food Diet Cook Book, by Dr. Josh Axe]

Ingredients:

- 4 tbsp coconut oil
- 2 lbs chicken breasts
- 1 lemon, sliced
- 6 cloves garlic, minced
- 2 cups mushrooms
- 2 cups sun dried tomatoes
- ½ cup goat cheese
- 1 tbsp basil
- ½ tsp sea salt
- ½ cup raw or organic butter

Directions:

- Heat oil in a large skillet over medium heat. Add chicken and minced garlic and cook for 8 minutes.
- Add butter and lemon slices to the pan. Flip chicken and cook for 5 more minutes.
- Add mushrooms, sun dried tomatoes, basil and sea salt.
- Top chicken with goat cheese, reduce heat and cover pan for 2 minutes.