Baked Chicken with Pine Nut and Kale Pesto
Serves 8

Ingredients:
8, 4-ounce chicken breasts (skinless, boneleess)
1/2 teaspoon sea salt
1/2 teaspoon ground black pepper
2 tablespoons olive oil

Pine Nut and Kale Pesto:
¼ cups extra-virgin olive oil
¼ cups grated Parmesan cheese
2 garlic cloves, peeled
2 cups baby kale (chopped)
¼ cups pine nuts
1 teaspoon lemon juice
½ teaspoons salt

Directions:
1. Preheat oven to 400°F and line a baking sheet with parchment paper.
2. Brush chicken breast with olive oil. Season with salt and pepper.
3. Place chicken on baking sheet and bake for 10-15 minutes per side, until chicken is cooked through to internal temperature of 165°F.
4. In the meantime, prepare pesto by combining ingredients in a blender or food processor and blend for 1-2 minutes.
5. Serve each cooked chicken breast with 1-2 tablespoons of pesto.

Nutrition Tips:
1. You can adapt this recipe to use a different cut of chicken (per personal preference), such as drumsticks, bone-in skinless thighs, or boneless chicken breast. Pay attention to temperature when cooked or "doneness." Chicken should be cooked to an internal temperature of 165°F.
2. Baby kale is slightly less bitter than large leaf kale, yet this leafy green remains rich in various vitamins, minerals, and fiber to support immune and digestive health. Using baby kale in place of the traditional basil of a pesto recipe is a great way to start incorporating some of this nutritious leafy green vegetable in your diet.

Source:
Nicolette Maggiolo is the Registered Dietitian for Home Base, a Red Sox Foundation and Massachusetts General Hospital Program, where she provides individual and group nutrition counseling to veterans and their families. Originally from New York, Nicolette brings her love of cooking, fitness and an integrative approach as she supports patients with individualized nutrition plans.