

## ■■ Sunday Chef Recipe

### Grilled Organic Chicken Over Steamed Spinach & Ozo with Balsamic Glaze

#### ***Ingredients (all organic, gluten-free, no oils):***

- 2 boneless, skinless chicken breasts
- 2 cups fresh spinach leaves
- 1 cup cooked 100% buckwheat Ozo noodles (gluten-free)
- 1 small cucumber, diced
- 1–2 small tomatoes, diced
- 2 cloves garlic, minced
- 1 tbsp fresh lemon juice
- 1 tbsp raw honey (for glaze)
- 1/2 cup balsamic vinegar
- Sea salt & cracked black pepper (to taste)
- Fresh basil or parsley for garnish

#### ***Directions:***

- 1 Make the Balsamic Glaze: Simmer balsamic vinegar + honey for 10–12 minutes until it thickens. Cool slightly.
- 2 Grill the Chicken: Season chicken with salt, pepper, and lemon. Grill 5–6 minutes per side until cooked through (165°F). Rest, then slice.
- 3 Steam the Spinach: Lightly steam spinach 2–3 minutes. Sprinkle with garlic and pinch of sea salt.
- 4 Prepare the Ozo: Cook Ozo noodles according to package (don't overcook—they should be al dente). Rinse under cool water. Toss immediately with diced cucumber and tomato to keep the noodles moist and refreshing. Sprinkle with a dash of sea salt.
- 5 Assemble the Dish: Plate spinach as the base. Add a generous portion of Ozo with cucumber and tomato. Top with sliced grilled chicken. Drizzle balsamic glaze over everything. Garnish with basil or parsley.

#### **■ Chef's Tip:**

For extra juiciness, add a splash of fresh lemon juice over the Ozo right before plating—it brightens the flavors and keeps it moist.