



# CHICKEN WITH BRUSSEL SPROUTS



## Ingredients

- 2 boneless, skinless chicken breasts
- 3/4 teaspoon salt, divided
- 2 broccoli stems
- 2 tbsp olive oil
- 2 tbsp fresh lemon juice
- 1/4 tsp black pepper
- 3 cups thinly sliced Brussels sprouts (about 12 medium)
- 2 celery stalks, thinly sliced
- 1/4 cup toasted hazelnuts
- 1/4 cup chopped fresh parsley
- 1/8 cup grated Parmesan cheese

Recipe available online:  
[health.com/health/recipe/0,,50400000120339,00.html](https://health.com/health/recipe/0,,50400000120339,00.html)



## Instructions

1. Place chicken and 1/2 teaspoon salt in a small saucepan and cover with water; bring to a boil. Immediately remove from heat, cover, and let stand 15 minutes. Drain chicken and run under cold water. Cool completely. Using 2 forks, shred into bite-size pieces; reserve.
  2. Use a vegetable peeler to remove outer layer of broccoli stems; discard. Continue peeling stems into long strips.
  3. In a large bowl, whisk together oil, lemon juice, pepper, and 1/4 teaspoon salt.
  4. Add broccoli strips, Brussels sprouts, celery, hazelnuts, parsley, and reserved chicken to bowl with dressing; toss. Divide among 4 bowls. Top with cheese.
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