

GROCERY LIST

PUMPKIN SEED CRUSTED CHICKEN WITH APPLE SLAW

Makes 4 servings | deeedoes.com

WHAT TO BUY

- ☐ 4 Boneless Skinless Chicken Breasts
- ☐ 1 cup Raw Pumpkin Seeds (Pepitas), crushed
- ☐ 2 Tbl Dijon Mustard
- ☐ 1 tsp Garlic Powder
- ☐ 1 tsp Smoked Paprika
- ☐ Salt / Pepper to taste
- ☐ Olive Oil Spray
- ☐ 4 medium Apples, cored and sliced
- ☐ 4 cups Shredded Green Cabbage
- ☐ 2 cups Shredded Purple Cabbage
- ☐ 2 cups Shredded Carrots
- ☐ 1 cup Fat Free Plain Greek Yogurt
- ☐ 2 Tbl Apple Cider Vinegar
- ☐ 2 Tbl Honey Substitute
- ☐ 2 tsp Poppy Seeds