

Mark's Kitchen

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COCONUT AND MACADAMIA NUT CHICKEN

I love macadamia nuts, so I think this might be one of my new favorite recipes. It comes from Naomi Whittel's new book *Glow 15* which is available now. This book has tons of really delicious, Pegan friendly recipes. I hope you enjoy this one. Here's a message from Naomi about this recipe:

I love Macadamia nuts. Not only are they delicious – they are incredibly healthy for you, too. These small, buttery nuts are native to tropical climates (they grow on macadamia trees in Hawaii, Australia, Brazil, Kenya and New Zealand). But even when I am home, I can easily find them at the local grocer and fine foods stores. While they are delicious, they are also 100% cholesterol-free – and rich in healthy fats and rich in flavanoids. The best part? They are also packed with omega 7 fatty oils and palmetoic acid – which can actually curb hunger and keeps you hydrated, too.

Ground macadamia nuts and shredded coconut give this dish a crunchy and buttery texture. Similar to the healthy fats found in avocados and olive oil, macadamia nuts are a rich source of monounsaturated fats that help to reduce cholesterol and triglycerides in the body, supporting a healthy heart. Chicken thighs with the skin on and bone in provide more nutrients, beneficial for collagen production and healthy joints and skin. Just be sure to get organic and pasture raised, as any pesticides the chickens ingest through their food get stored in the fat and skin. Lime zest, in addition to lime juice will give an extra boost in flavor and nutrients like vitamin C. Serve with baked sweet potato and steamed green beans or bok choy.

Ready in: 55 minutes

Serves 4

INGREDIENTS:

- 1 cup raw macadamia nuts, finely ground in a food processor
- 1/4 cup unsweetened shredded coconut
- 4 chicken thighs, skin on, bone in
- 1/4 teaspoon sea salt
- 1/4 teaspoon ground black pepper
- 4 teaspoons avocado mayonnaise
- 1 lime, zest and juice
- 1/4 cup cilantro, for garnish (optional)

Step 1. Preheat oven to 375°F. In a small bowl, mix the macadamia nuts and coconut. Place chicken in a baking dish and sprinkle with salt and pepper. Spread each chicken thigh with 1 teaspoon of mayonnaise.

Step 2. Spread macadamia coconut mixture on each chicken thigh, dividing evenly. Bake chicken for 40-45 minutes on center rack so not to burn the macadamia nuts. Serve with fresh lime zest and juice. Top with optional cilantro.

Nutritional analysis per serving (1 chicken thigh): calories 509, fat 46 g, fiber 4 g, protein 19 g, carbohydrate 8 g, net carbohydrates 4 g