

# RECIPES & TIPS FOR Hungry, Happy, Families

in partnership with

ALBERTA CHICKEN PRODUCERS  
the family farms who produce the food we love

getjoyfull



EMILY MARDELL, RD

MAMA OF THREE | REGISTERED DIETITIAN | FOOD BLOGGER



Having a go-to collection of easy, yummy recipes is just one way to simplify mealtime and foster more family connection and food joy!

- EMILY MARDELL, RD  
GetJoyfull Founder

Over the years, our GetJoyfull family has made countless memories in our kitchen creating and sharing recipes with our friends at Alberta Chicken Producers.

Through all the fun and mess, we've definitely collected a few stand-out recipes that deserve to be shared and enjoyed over and over again.

After all, nothing brings people together quite like food.

So, whether it's a busy weeknight, relaxed Sunday morning, or special family gathering, recipes that bring everyone to the table, with eagerness and a smile, are worth their weight in gold!

We can't wait for you to cook with this collection, and hope you add your own favourites, too!

FROM OUR FAMILY  
TO YOURS, ENJOY!



**START A  
WEEKEND  
TRADITION**

Weekends are made all the better by breakfast favourites like pancakes, waffles, frittatas and specialty sausages! It may be hard to pick a favourite, but when your family does it becomes a treasured tradition that cannot be forgotten. Bonus, as it turns out pan frying sausages is a great way to get teenagers out of bed Saturday morning!



Be on the lookout for the "Raised by a Canadian" Farmer logo when grocery shopping. This symbol means that the chicken you're buying was raised by Canadian farmers who are dedicated to producing quality chicken, with the highest possible nutrient, food safety and animal care standards. It's a sign of feel-good food!

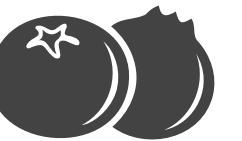




PREP TIME: 15 MINS  
COOK TIME: 15 MINS  
SERVINGS: 10

These homemade chicken sausage patties are flavourful, but lean. Savoury, yet sweet. They're truly the best of both breakfast worlds!

# MAPLE BLUEBERRY BREAKFAST PATTIES



## INGREDIENTS

- » 1 lb (454 g) ground chicken
- » 2 shallots, finely chopped
- » 1 garlic clove, finely minced or 1 tsp (5ml) garlic powder
- » 1 tsp (5 ml) cinnamon
- » 1 Tbsp (15 ml) pure maple syrup
- » Salt and pepper to taste
- » ½ cup (125 ml) fresh or frozen blueberries
- » 2 tsp (10 ml) canola oil

- » 1 Tbsp (15 ml) thyme leaves, for sausage mixture + 1 thyme sprig for garnish

## DIRECTIONS

- #1 In a large bowl, combine all ingredients except for blueberries and canola oil.
- #2 When sausage mixture is well combined, fold in blueberries.
- #3 Form mixture into sausage patties using 1/3 cup of mixture for each patty.
- #4 Preheat the grill or non-stick pan to medium-high. Add oil and patties. Cook for 5-6 minutes per side, until golden and cooked through. Garnish with fresh thyme.
- #5 Enjoy with peppery greens like arugula and toasted sourdough. For extra joy, a little more maple syrup.



"Homemade chicken sausage patties are a much leaner option, compared to traditional varieties made with different meats and additives. These "Maple Blueberry Breakfast Patties" have just 4 grams of fat per serving!"  
- EM

# GET AHEAD WITH MEAL PREP



Busy families like ours often need to schedule or **create time** for cooking; otherwise, the dinner rush gets the better of us. Recipes that can include **planned extras** are a GetJoyfull staple, especially on Wednesday or Sunday when we have a little extra time for cooking.

What day of the week can you get ahead with meal prep?



Chicken breasts are popular because they're delicious, lean, and high in protein. But there's more to love! White meat chicken also boasts zinc, potassium, vitamin B6, niacin, and magnesium. All key nutrients in a healthy diet!



PREP TIME: 30 MINS

COOK TIME: 20 MINS

SERVINGS: 6

Give your meal prep a Mediterranean twist with a fresh, colourful bowl of grilled garlic & herb chicken breast, tender orzo and fresh veggies.

# MEDITERRANEAN- INSPIRED CHICKEN & ORZO MEAL PREP BOWLS

## INGREDIENTS

### CHICKEN & MARINADE

- » 3 boneless skinless chicken breasts, flattened
- » 1 Tbsp olive oil
- » 2 cloves garlic, minced or 1 tsp garlic powder
- » 1 shallot, minced or 1 tsp onion powder
- » 2 Tbsp dried oregano
- » 2 Tbsp dried basil
- » 2 Tbsp dried dill
- » ½ lemon, juice
- » Salt & pepper to taste

### ORZO

- » 454 grams (1 box) orzo pasta
- » ½ Tbsp (7.5 mL) olive oil
- » 5 cups low-sodium chicken broth

## INGREDIENTS

### FRESH VEGGIES

- » 2 English cucumbers, sliced and quartered
- » 1 small red onion, finely diced
- » 3 cups cherry tomatoes, halved

### GARNISHES

- » ¾ cup tzatziki or hummus
- » ½ cup feta cheese, crumbled
- » 1 lemon, cut into wedges

## DIRECTIONS

- #1 Prepare marinade in a small bowl or medium ziploc bag. Add chicken breast and marinate for 30 minutes, or up to 24 hours.
- #2 Preheat the grill to medium-high. Grill marinated chicken for 6 minutes per side, or completely until cooked. Remove from heat, set aside to rest for 5 minutes. Slice just before you're ready to plate meal prep bowls.
- #3 Prepare the orzo. Preheat a non-stick skillet over low-medium heat and add olive oil. Toast the uncooked Orzo for 5 minutes until lightly golden, stirring constantly. Add broth and cook as per package directions. Fluff with a fork before serving.
- #4 Divide ingredients and assemble meal prep bowls with orzo and chicken. Cover and refrigerate for up to 5 days.
- #5 Heat individual meal prep bowls in the microwave for 3-4 minutes. Right before serving add ready prepared fresh veggies and garnishes of choice. Enjoy!

“Boneless, skinless chicken breast is a great choice, especially for meal prep bowls. Why? A little goes a long way! A cooked 3 oz. portion provides 30 grams of satisfying protein. How awesome is that?!”

- EM





## WOW WITH A ONE-PAN WONDER

Extra lean ground chicken, pumpkin and ricotta combine into a creamy, delicious ragu that's perfect for big shell pasta. Baked to perfection, this one-pan wonder is so good, the pan almost cleans itself!



Ground chicken is budget-friendly and super versatile, plus it cooks to perfection in about 10-12 minutes. When you can, be sure to buy extra. Cook, chill and freeze the planned extras for time-crunched weeknights when dinner is needed asap! Taco Tuesday, anyone?



**PREP TIME: 15 MINS**  
**COOK TIME: 30 MINS**  
**SERVINGS: 8**

This "Creamy Chicken & Pumpkin Pasta Bake" is ridiculously good.

Trust me. You'll have to hold yourself back from eating this dish straight from the serving spoon.

# CREAMY CHICKEN PUMPKIN PASTA BAKE



## INGREDIENTS

### PASTA & FILLING

- » 1 pkg. (250 g) jumbo pasta shells
- » 1 cup (250 mL) ricotta cheese
- »  $\frac{1}{4}$  cup (60 mL) grated asiago cheese
- »  $\frac{1}{2}$  cup (125 mL) pumpkin puree
- » 1 large egg, beaten
- »  $\frac{1}{4}$  tsp (1 mL) ground nutmeg
- » Salt and pepper to taste

### SAUCE & GARNISH

- » 1 Tbsp. (15 mL) canola oil
- » 1 lb. (454 g) fresh ground chicken
- » 1 red bell pepper, chopped
- »  $\frac{1}{2}$  yellow onion, finely diced
- » 1 tsp (5 mL) oregano
- » 1 tsp (5 mL) fennel seeds
- » 2 cups (500 mL) tomato sauce
- » 1 cup (250 mL) milk
- » 1 tsp (5 mL) oregano
- » Salt and pepper to taste
- »  $\frac{1}{2}$  cup (125 mL) mini bocconcini
- »  $\frac{1}{2}$  tsp (2 mL) red pepper flakes

## DIRECTIONS

- #1 Bring a large stockpot of water to boil. Cook pasta shells to al dente. Drain and rinse well with cold water to stop the cooking process and prevent pasta shells from sticking together.
- #2 In a medium bowl, mix all filling ingredients together until well combined. Stuff cooked pasta shells with filling and set aside.
- #3 In an oven-safe skillet on medium-high heat, cook chicken with olive oil, onion, bell peppers, oregano and fennel seeds, until crumbled and golden, about 5 minutes.
- #4 Preheat the oven to 400 F. Add tomato sauce, milk, oregano to skillet. Season with salt and pepper to taste. Add stuffed pasta to skillet in an even layer and top with mini bocconcini and red pepper flakes.
- #5 Bake in the oven for 15 minutes until bubbling and golden. Remove the skillet from the oven and allow pasta to rest for 5 minutes before plating. Enjoy with mixed greens.

"One-pan wonders are great for family-style meals.

They mark the center of the table like a big, happy, come and get it sign. They're wholesome and for some magical reason, just a little more satisfying than the average meal."

- EM



RUB,  
ROAST AND  
RELISS!



Roasting is a no fuss, time-savvy cooking method that adds irresistible flavour and texture. When I need a lot of meals in a hurry I'll roast a couple whole chickens and leverage the leftovers for a week of yummy dishes. My go-to has always been a sticky lemon & thyme version, but recently I switched things up with this smokey sweet recipe. And, I'm so glad I did!



The Dietitian in me appreciates the whole chicken as a great source of iron, an essential nutrient for healthy growth and development. But, I recently learned it's the dark meat, thighs and legs, that actually brings the most iron to the table. Did you know dark meat has 50% more iron than white meat. Cool, hey? Helpful info for planning meals for tiny tummies.



PREP TIME: 15 MINS  
COOK TIME: 45-60 MINS  
SERVINGS: 6

Sweet, smokey paprika, herbs and fresh lemon are the star ingredients in this amazing chicken rub. It elevates roast chicken to next level goodness. Get ready to impress the fam jam!

## PERUVIAN-INSPIRED WHOLE ROAST CHICKEN WITH CREAMY HERB SAUCE

### MAIN: CHICKEN & SPICE MIX

#### INGREDIENTS

- » 2 garlic cloves, finely chopped
- » Salt and pepper to taste
- » 1 tablespoon (15 ml) ground cumin
- » 1 tablespoon (15 ml) sweet paprika
- » 1 tablespoon (15 ml) vegetable oil
- » 2 teaspoon (10 ml) dried oregano
- » 1 fresh lemon, zested and juiced
- » 1 (4 lb) whole fresh chicken

#### GARNISH: CREAMY HERB SAUCE

#### INGREDIENTS

- » 1 cup (250 ml) fresh cilantro leaves
- » ¼ cup (60 ml) fresh flat-leaf parsley
- » 1 jalapeño, seeded and chopped
- » 2 garlic cloves, finely chopped
- » 1 tablespoon (15 ml) fresh lime juice
- » ¼ cup Greek yogurt
- » ¼ cup mayonnaise
- » Salt and pepper to taste

#### DIRECTIONS

- #1 Preheat oven to 375°F.
- #2 Prepare spice blend. Add garlic, cumin, paprika, oil, oregano, salt, pepper, lemon zest and lemon juice to a small bowl and whisk together with fork.
- #3 Transfer chicken to a Dutch oven or roasting pan. Pour spice mix all over chicken and rub into skin until evenly coated.
- #4 Roast chicken for 25 minutes then baste with pan juices. Cook for another 20-30 minutes, basting every ten minutes, or until chicken reaches an internal temperature of 165°F.
- #5 Transfer chicken to a cutting board and let rest 15 minutes before carving.
- #6 Prepare creamy herb sauce. In a blender or food processor, pulse cilantro, parsley, jalapeño, garlic, lime juice, and salt. Add Greek yogurt and mayonnaise then puree until well blended.
- #7 Carve chicken and serve family-style with creamy herb sauce. Try sides of cooked quinoa, fresh cucumber and steamed Lima beans, or roasted tomatoes.





**COOK, CREATE  
AND CONNECT**

Family-style meals are the best! Grab a seat, craft your own plate, and pass the yummy sides my way. Share the news and stories of the day. We're all ears! Eating together truly is one of the best ways to stay connected.

Let's dig in!



The average rotisserie chicken yields about 3 cups of chicken that can be easily chopped, or shredded for family meals. PLUS, flavourful leftovers that are great for making chicken soup, stew or stock!

For helpful tips to reduce food waste and make the most of whole chicken leftovers, visit: [www.chicken.ab.ca](http://www.chicken.ab.ca).

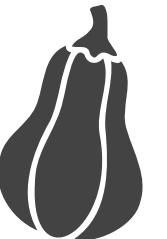


PREP TIME: 30 MINS  
COOK TIME: 30 MINS

SERVINGS: 12

Crunchy corn tortillas topped with tender shredded chicken, crispy veggies, creamy roasted squash, and personalized with all your favourite extras.

# FAMILY- STYLE CHICKEN & SQUASH TOSTADAS



## INGREDIENTS

- » 2 lb (900 g) whole chicken, roasted and shredded
- » 1 small butternut squash, cubed
- » 4 Tbsp (60 ml) olive oil, divided
- » 12, 6" corn tortillas or whole grain pitas
- » ½ 19 oz. can black beans, rinsed and drained
- » ½ small red cabbage, shredded
- » 1 cup bell pepper, chopped
- » ½ cup (125 ml) pepitas
- » ½ cup (125 ml) cilantro, chopped
- » 3 limes, quartered
- » 1 cup (250 ml) fruit salsa
- » 1 cup (250 ml) tomatillo salsa
- » 1 cup (250 ml) crumbled feta cheese
- » 3 scallions, chopped
- » 2 jalapenos, seeded and sliced (optional)

## DIRECTIONS

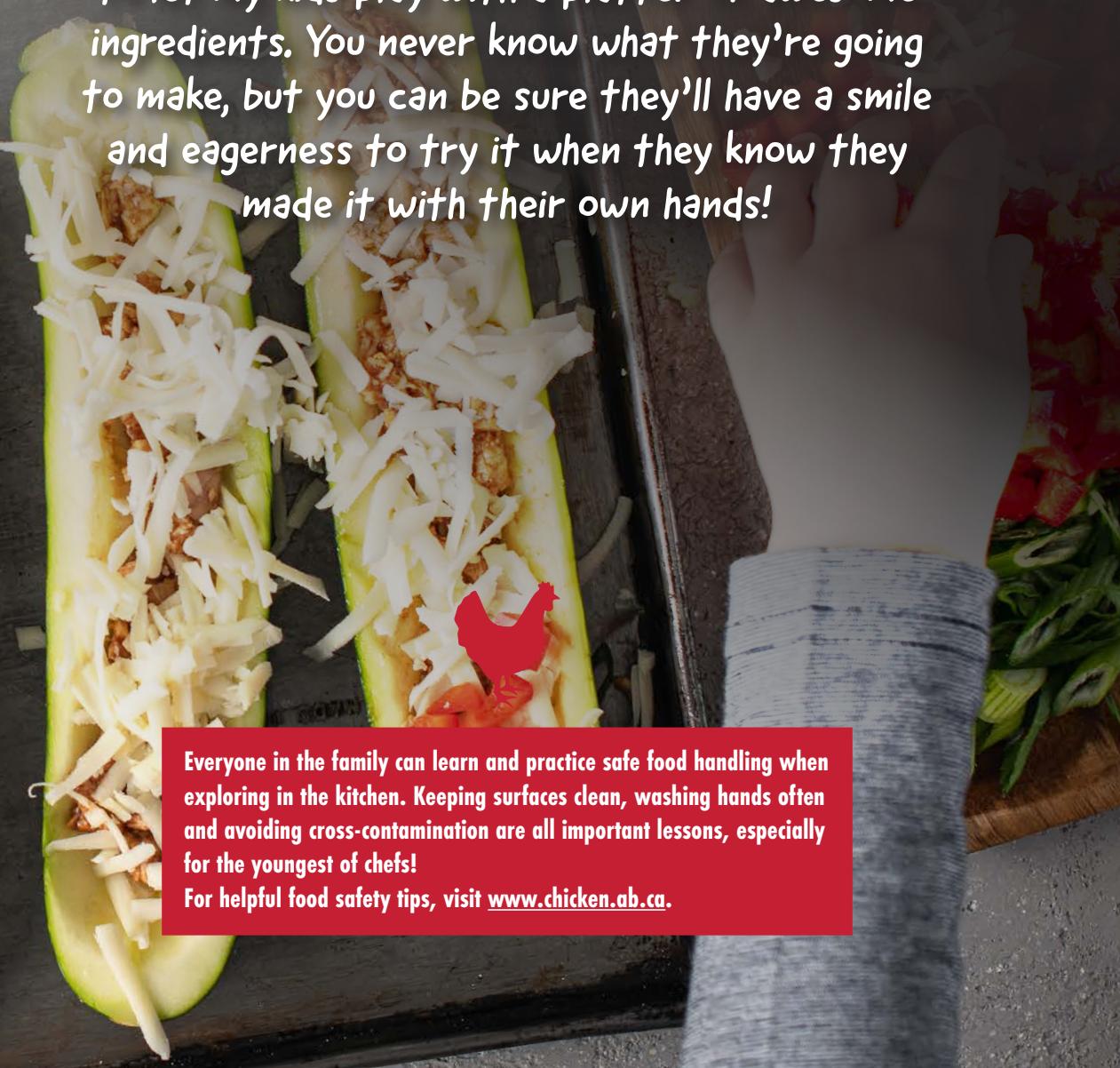
- #1 Preheat oven to 400 degrees.
- #2 Prepare butternut squash and cut into cubes. Add to a parchment lined baking sheet and drizzle with 2 Tbsp. (30 ml) oil. Season with salt and pepper and toss to coat evenly. Bake for 25 minutes until golden and tender.
- #3 Shred whole roast chicken using two forks.
- #4 Brush tortillas with remaining olive oil. Add to a parchment lined baking sheet and bake at 400 degrees for 8-12 minutes until crisp and golden.
- #5 Wash and chop all vegetables. Add crispy tortillas, shredded chicken, black beans, roasted squash and all remaining tostada toppings to the platter.



# PLAY WITH YOUR FOOD



When kids learn to cook they grow their confidence and creativity along with a more positive relationship with food. In the GetJoyfull household, we embrace the motto “There’s magic in the mess!” So, every now and then I like to let my kids play with a platter of awesome ingredients. You never know what they’re going to make, but you can be sure they’ll have a smile and eagerness to try it when they know they made it with their own hands!



Everyone in the family can learn and practice safe food handling when exploring in the kitchen. Keeping surfaces clean, washing hands often and avoiding cross-contamination are all important lessons, especially for the youngest of chefs!

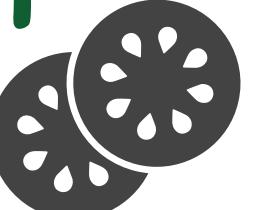
For helpful food safety tips, visit [www.chicken.ab.ca](http://www.chicken.ab.ca).



PREP TIME: 15 MINS  
COOK TIME: 15 MINS  
SERVINGS: 6

Tangy BBQ chicken breast, sweet bell peppers and ooey, gooey cheese baked in a zucchini veggie "boat" of yummy goodness.

# BBQ CHICKEN ZUCCHINI BOATS



## INGREDIENTS

- » 3 medium zucchini, washed, cut lengthwise
- » 1/4 cup (60 ml) BBQ sauce
- » 1 Tbsp (15 ml) olive oil
- » Salt and pepper to taste
- » 1 1/2 cups (375 ml) shredded aged white cheddar
- » 1 large red bell pepper, diced
- » 2 green onions, sliced

## DIRECTIONS

- #1 Preheat the oven to 425 degrees F. Line the baking sheet with parchment paper.
- #2 Use a small spoon to scoop out the inside of each zucchini piece to create six fillable veggie boats.
- #3 In a small bowl combine chicken and BBQ sauce. Stir well to coat evenly.
- #4 Place zucchini on a baking sheet and brush inside with olive oil. Season with salt and pepper.
- #5 Fill each boat with 1/4 cup cooked chicken mixture. Top each boat with cheese, peppers and green onion.
- #6 Bake for 15 minutes until the cheese is golden and bubbly and zucchini is tender.



# SCORE BIG ON GAME DAY



Re-imaging your favourite fun foods with a lighter, fresher vibe is a great way to find new and nutritious recipes to love. Keep it simple with smart swaps and easy additions! For example, I love using ground chicken in this meatball recipe. The end result is always lean, satisfying and super flavourful. A true touchdown recipe!



When you're preparing chicken meatballs like these, try mixing in some extra moisture with grated veggies or cheese, Greek yogurt or some soaked breadcrumbs. For a finishing touch be sure to add your favourite seasonings or sauces, too! We love our chicken meatballs with buffalo, teriyaki and honey garlic sauce. What's your favourite game day sauce?



SERVINGS: 4

Perfectly poppable, shareable, and 100% touchdown-worthy. These yummy chicken meatballs are stacked with veggies, oats, and fresh herbs then slathered with the tangy heat of buffalo sauce. They're the winning recipe you need for your next game day gathering.

## GAME DAY BUFFALO CHICKEN MEATBALLS

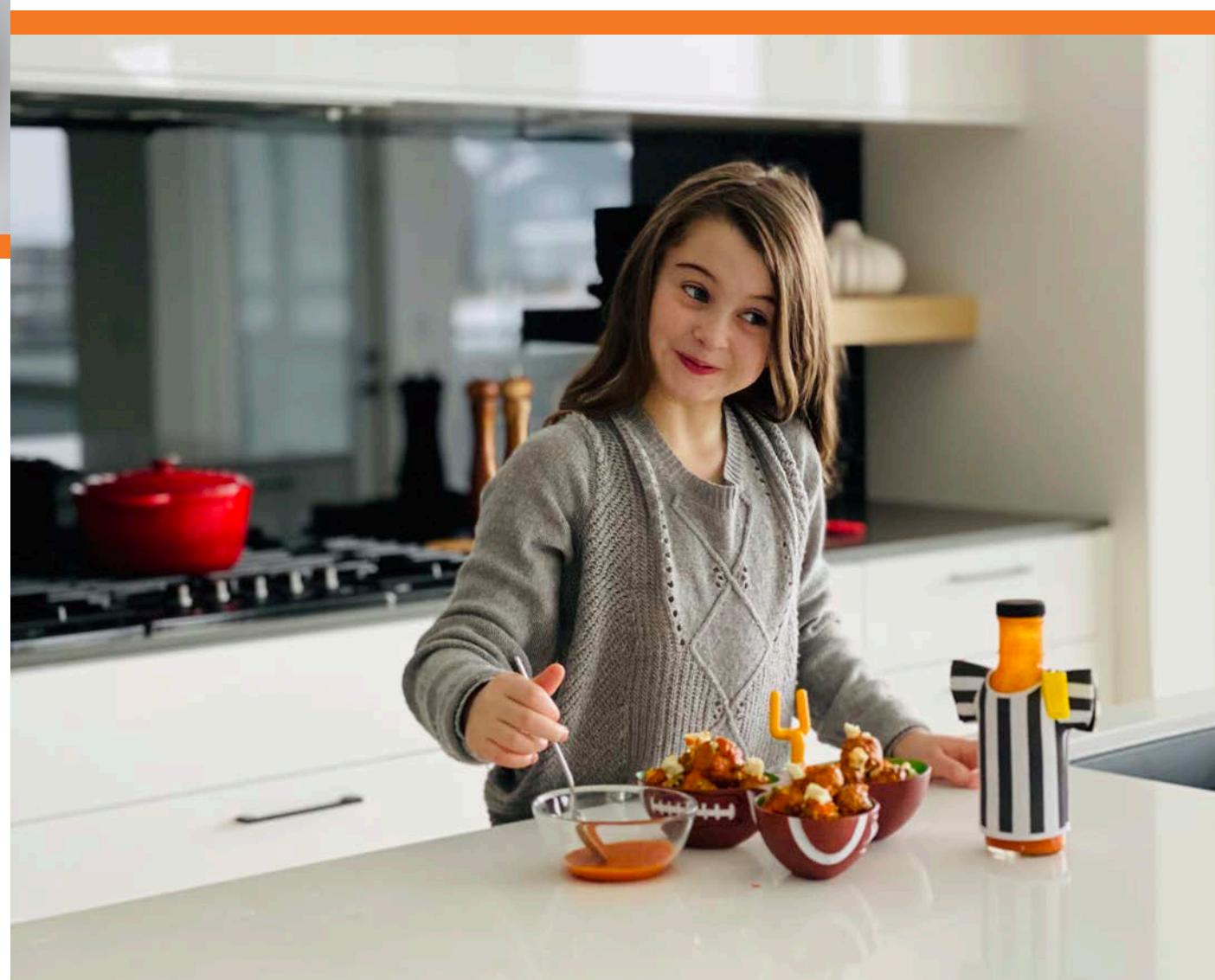


### INGREDIENTS

- » 1 lb (454 g) Ground chicken
- » 2 celery stalks, finely minced
- » 1 medium Carrot, finely minced
- » 3 scallions, finely chopped and divided
- »  $\frac{1}{4}$  cup (60 ml) quick oats
- » 1 egg, lightly beaten
- » 1 Tbsp (15 ml) fresh flat-leaf parsley, chopped
- » Black pepper to taste
- » 1 Tbsp (15 ml) vegetable oil
- »  $\frac{1}{4}$  cup (60 ml) Buffalo sauce plus extra for serving
- »  $\frac{1}{4}$  cup (60 ml) blue cheese, crumbled (optional)

### DIRECTIONS

- #1 Add chicken, celery, carrot, 2 chopped scallions, oats, egg, parsley and black pepper. Stir ingredients together with a wooden spoon and finish combining mixture with hands.
- #2 Take 2 tbsp of mixture and roll into meatballs. Repeat until 24 meatballs are prepared.
- #3 Preheat oven to 375°F. Drizzle 1 tbsp vegetable oil into an oven safe skillet over medium-high heat. Add meatballs to skillet and sear for about 5 minutes, or until golden on all sides. Repeat until all meatballs are seared. Add all seared meatballs back to skillet and pour buffalo sauce into pan. Toss meatballs gently in sauce.
- #4 Transfer skillet to oven and finish cooking meatballs for 15 minutes or until internal temperature reaches 165°F.
- #5 Garnish meatballs with 1 chopped scallion and crumbled blue cheese. Serve meatballs with a platter of crisp veggies and your favourite beverage.



# EMBRACE BRIGHT, BOLD FLAVOURS

Any cut of chicken will do, but for this recipe, I love a bone-in cut. It's less expensive, fun to eat, and super flavourful!



Cooking perfect chicken is easy! You know chicken is cooked by its temperature. Use a meat thermometer and insert the tip of the probe into the thickest part of the chicken. Use this chart to ensure chicken is cooked perfectly!

Chicken Cut	Boneless or Bone in Pieces	Ground	Whole
Internal Temperature	165°F 74°C	165°F 74°C	180°F 82°C



SERVINGS: 6

Crispy, juicy tropical-inspired chicken with coconut-lime rice & fresh pineapple salsa.

# AIR-FRYER TROPICAL- INSPIRED CHICKEN



## FRESH PINEAPPLE SALSA

### INGREDIENTS

- » 1 cup (125 mL) fresh pineapple, finely diced
- » 1 red pepper, finely diced
- » ½ medium red onion, finely diced
- » ½ cup (125 mL) fresh cilantro, chopped
- » 1 jalapeno pepper, seeded and finely diced
- » Juice of 1 fresh lime
- » 1 tsp (5 mL) Alberta honey
- » Salt and pepper to taste

### DIRECTIONS

- #1 Add all ingredients to a medium bowl. Stir gently to combine. Cover and refrigerate. Allow fresh salsa to enhance in flavour for 30 minutes or up to 2 hours.

## FRESH PINEAPPLE SALSA

### INGREDIENTS

- » 2 cups (500 mL) Jasmine rice, rinsed
- » 1 ¼ cups (310 mL) low-sodium chicken broth
- » 1 cup (250 mL) light coconut milk
- » Juice and zest 1 fresh lime

### DIRECTIONS

- #1 Prepare rice as per package directions. Replace water with a combination of stock and coconut milk.
- #2 Add juice and zest when cooked and right before serving.

## CHICKEN AND TROPICAL-INSPIRED MARINADE

### INGREDIENTS

#### CHICKEN

- » 4 bone-in chicken leg & thigh combo pieces

#### MARINADE

- |   |                                    |
|---|------------------------------------|
| » ¼ cup (60 mL) cold-pressed canola oil | » 1 Tbsp (15 mL) allspice          |
| » Juice of 2 fresh limes                | » 1 tsp (5 mL) onion powder        |
| » 2 Tbsp (30 mL) tamari                 | » ½ tsp (2.5 mL) ground nutmeg     |
| » 1 Tbsp (15 mL) Alberta honey          | » ½ tsp (2.5 mL) ground cinnamon   |
| » 3 garlic cloves, minced               | » ½ tsp (2.5 mL) red pepper flakes |

### DIRECTIONS

- #1 Add all ingredients into a medium bowl, or large ziploc bag. Mix thoroughly.
- #2 Add chicken, cover and refrigerate to marinate for 2-24 hours.
- #3 Preheat the air-fryer to 400°F. Add chicken and set cooking time to 20-25 minutes.



# LOVE YOUR LUNCHBOX

Kid-favourite recipes like these “Crispy Chicken Poppers” get rave reviews in the GetJoyfull kitchen because they taste delicious and are perfect for a colourful and filling bento box lunch!





SERVINGS: 4

Cubed chicken breast infused with citrus and honey then baked popcorn-style with a crispy coating of Panko, seeds, and seasonings.

# CRISPY CHICKEN POPPERS



## INGREDIENTS

- » 2 Tbsp (30 mL) vegetable oil
- » 1 fresh lime, juiced, and zested
- » 1 Tbsp (15 mL) honey
- » 1 tsp (5 mL) garlic powder
- » 1 tsp (5 mL) onion powder
- » 1 tsp (5 mL) ground cumin (optional)
- » 2 lbs (900 g) fresh Canadian chicken tenders, or breast
- » 1 cup Panko-style breadcrumbs
- » ½ cup (125 mL) hemp seeds
- » ¼ cup (60 mL) whole wheat flour
- » Salt and pepper to taste
- » 1 Tbsp (15 mL) fresh parsley, finely chopped

## DIRECTIONS

- #1 Preheat oven to 400°F (200°C). Line large baking tray with parchment paper.
- #2 In a large bowl, whisk together oil, lime juice, garlic powder, onion powder, and ground cumin.
- #3 Chop chicken tenders into bite-sized or “popcorn” pieces, and add oil mixture. Gently stir, and to evenly coat chicken. Set aside for 5 minutes.
- #4 In a separate bowl, or large freezer bag combine Panko, hemp seeds, flour, salt, and pepper to make coating mixture.
- #5 In batches, add chicken pieces to the coating mixture, and shake or stir to evenly coat. Transfer coated chicken onto baking tray, and repeat until all chicken is coated, and spaced evenly on tray.
- #6 Bake for 10 minutes. Flip and bake for an extra 5 minutes, or until golden, crispy and cooked through.
- #7 Garnish with freshly grated lime zest, and finely chopped parsley.



# COZY- UP TO COMFORT FOOD

Is there anything more comforting than homemade chicken soup? It's like a warm hug in a bowl.



Chicken is a great source of zinc. A nutrient, along with a balanced diet, that helps support a healthy immune system. Just another great reason to have chicken on the menu, especially through cold and flu season!

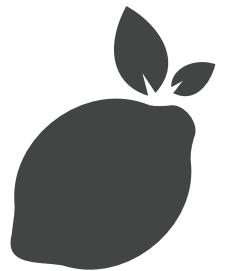




**PREP TIME: 10 MINS**  
**COOK TIME: 45 MINS**  
**SERVINGS: 6**

Soothing and flavourful, this delicious chicken soup is bursting with root veggies, fresh herbs and amazing aromatics like ginger, garlic and thyme.

# GOLDEN GINGER & GARLIC CHICKEN SOUP



## INGREDIENTS

- » 1 tbsp (15 mL) olive oil
- » 4 cloves of garlic, minced
- » 1 yellow onion, finely diced
- » 2 large carrots, diced
- » 3 celery stalks, diced
- » 1 Tbsp (15 mL) fresh ginger, grated
- » 2 tsp (10 mL) ground turmeric
- » 1 bay leaf
- » 8 cups (2 L) low-sodium chicken broth
- » 1 lb. (454g) boneless, skinless chicken breasts, cubed
- » 1 cup (250 mL) wild rice
- » 2 cups (500 mL) kale leaves, chopped
- » 1 teaspoon (5 mL) fresh thyme leaves
- » Juice of ½ a lemon
- » Salt and pepper to taste

## DIRECTIONS

- #1 In a large pot, over medium-high heat, sauté garlic, onion, carrot, and celery in olive oil for 3-5 minutes.
- #2 Next, add grated ginger, turmeric and cook for one minute. Add chicken sauté for another 3-5 minutes.
- #3 Add bay leaf, broth and wild rice. Stir well, reduce heat and cover. Simmer soup on the stovetop for 30 minutes.
- #4 Just before serving add kale, thyme, lemon juice and season soup with salt and pepper. Kale will soften within 5 minutes and soup will be ready to serve.
- #5 Enjoy a nourishing bowl with fresh sourdough or your favourite winter salad.





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**Alberta Chicken Producers is a farmer-run, not-for-profit organization that represents 250 family chicken farms in Alberta. We are family farms, built on family values and care is at the heart of what we do.**

To connect and learn more, visit:

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**alberta\_chicken**

**@albertachicken**

**[www.chicken.ab.ca](http://www.chicken.ab.ca)**

**Emily Mardell is a Registered Dietitian, busy mama of three and proud Alberta foodie. She's passionate about quality ingredients and creating delicious, nourishing recipes that bring families together. Follow Emily for nutrition advice and tips to grow food joy and fill up on family time.**

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