



CHICKEN LIVER AND ONIONS

I am happy to share this recipe handed down to me by my mother. Enjoy the rich source of B vitamins, as well as vitamin A, D, magnesium, and healthy cholesterol critical for cellular health and hormone production.

Equipment needed: Skillet, mixing bowl

Makes 2-3 servings

INGREDIENT

- 500g (1lb) chicken liver
- 1 large onion, chopped in half & thinly sliced (moon shape)
- 3 Tbsp extra virgin olive oil
- ¼ cup parsley, finely chopped
- 2 cloves garlic, crushed
- 1 lemon juiced
- ½ tsp salt
- Pepper to taste
- Pomegranate molasses (optional)

DIRECTIONS

1. Clean the chicken liver in cold water and remove any connective tissue (usually white or pink stringy pieces) and greenish parts which will make it taste bitter. Cut into smaller portions.
2. In a skillet, cook the onions in extra virgin olive oil on low heat until translucent (-10 minutes) and set aside.
3. In the same pan, cook the chicken liver on medium heat until their liquid dries out. Be sure not to stir too often or overcook them. They are done as soon as there is no more liquid.
4. In a bowl, mix the garlic, lemon juice, salt, pepper, and olive oil to make the dressing. Adjust to taste. It should taste strongly of garlic, lemon and salt.
5. Put the chicken livers, parsley, and dressing into a bowl and mix together.
6. Plate the chicken livers and top it with the fried onions and a few more sprinklings of parsley for garnish. Optionally, drizzle a little pomegranate molasses before serving for an extra punch of sweet and sour flavor.