# Why we dump butter on our chicken Transcript

(Transcripts are generated by AI and may contain errors)

## Welcome Back and Meal Plan

Hi you guys. Wanted to welcome you back Hi you guys. Wanted to welcome you back into our kitchen. It's a Sunday evening. into our kitchen. It's a Sunday evening.

I just got back from Arkansas. I was I just got back from Arkansas. I was there for a couple days, which by the there for a couple days, which by the way, if you haven't been to Arkansas, we way, if you haven't been to Arkansas, we checked out University of Arkansas with checked out University of Arkansas with my niece. Amazing. But it's my niece. Amazing. But it's Fayetteville's amazing. So, got back Fayetteville's amazing. So, got back today. Didn't want to do a full grocery today. Didn't want to do a full grocery run run run um to several stores. So, I kind of went um to several stores. So, I kind of went with our tried and true CDA chicken. So, with our tried and true CDA chicken. So, um first What's it called CDA chicken?

um first What's it called CDA chicken? >> I was just going to say that. So, we >> I was just going to say that. So, we call it CDA chicken because call it CDA chicken because um my our family has a home in Coeur um my our family has a home in Coeur d'Alene um which we've spent time there d'Alene um which we've spent time there with our family and um CDA chicken's with our family and um CDA chicken's always our go-to because it feeds a lot always our go-to because it feeds a lot and it's super quick. After we've been and it's super quick. After we've been on the lake all day, we can come home on the lake all day, we can come home and just kind of whip it together. So, and just kind of whip it together. So, um this is another one of those times um this is another one of those times that I was like, I just want to do that I was like, I just want to do something quick and easy. I didn't want something quick and easy.

## Why Bone-In Skin-On Chicken Matters

I didn't want to do a whole grocery store run. So, to do a whole grocery store run. So, this is what we're doing and I will give this is what we're doing and I will give you I'll tell you what else we're doing you I'll tell you what else we're doing along the way. So, we get um boneless along the way. So, we get um boneless Not boneless, I'm sorry. Bone-in skin-on Not boneless, I'm sorry. Bone-in skin-on chicken. Notice I said boneless cuz I chicken. Notice I said boneless cuz I was so used to always doing boneless and was so used to always doing boneless and skinless chicken.

skinless chicken. But Dr. Chad here has taught us that But Dr. Chad here has taught us that really having the skin on makes it more really having the skin on makes it more flavorful and the good fat is great for flavorful and the good fat is great for you. So, I always choose to get now um you. So, I always choose to get now um bone-in skin-on. So, I'll show you how I bone-in skin-on. So, I'll show you how I make that um and he can talk a little make that um and he can talk a little bit about why the skin is good for you.

bit about why the skin is good for you. Yeah, while she's breaking that down, Yeah, while she's breaking that down, let's talk about the bone-in skin-on.

let's talk about the bone-in skin-on. So, hey, the skin's back on the chicken. So, hey, the skin's back on the chicken. Let's do it. The reason why is because Let's do it. The reason why is because first of all, the flavor profile is first of all, the flavor profile is definitely better. Crispier, for sure.

definitely better. Crispier, for sure. Yeah, and we try to do it so that it's Yeah, and we try to do it so that it's nice and crispy. I mean, who doesn't nice and crispy. I mean, who doesn't like some crispy chicken skin? But like some crispy chicken skin? But there's some really cool health benefits there's some really cool health benefits actually. You know, a lot of people are actually. You know, a lot of people are taking collagen powder and when we're taking collagen powder and when we're not eating the way that nature intended, not eating the way that nature intended, maybe we actually need collagen powder maybe we actually need collagen powder as a supplement. But when

we're eating as a supplement. But when we're eating the way that nature intended, we're the way that nature intended, we're going to get natural collagen. We're going to get natural collagen.

## Butter, Oils, and Healthy Fats

We're we're get all the cool kind of amino we're get all the cool kind of amino acids that are in places like tucked in acids that are in places like tucked in around bone, all the sort of connective around bone, all the sort of connective tissue there in the skin. There's some tissue there in the skin. There's some really amazing amino acids that we don't really amazing amino acids that we don't really get in other places like glycine.

really get in other places like glycine. Glycine is amazing amino acid, great for Glycine is amazing amino acid, great for things like sleep, but it's also really things like sleep, but it's also really important for the building block of our important for the building block of our glutathione. Glutathione is like our glutathione. Glutathione is like our cellular cellular cellular antioxidant superhero. Antioxidants, antioxidant superhero. Antioxidants, remember, kind of reduce a certain type remember, kind of reduce a certain type of inflammation in the system, and we of inflammation in the system, and we really need really need glutathione to make that happen. And glutathione to make that happen. And there are there are Glutathione is basically a a tripeptide, Glutathione is basically a a tripeptide, meaning it's it's made from three meaning it's it's made from three different amino acids. One of those different amino acids. One of those amino acids is glycine. So, you get amino acids is glycine. So, you get great glycine in chicken, especially great glycine in chicken, especially with the skin on, bone in. And having with the skin on, bone in. And having the bone in also, I think there's a the bone in also, I think there's a little bit of a flavor profile that little bit of a flavor profile that happens with that. We get some marrow happens with that. We get some marrow minerals that kind of get into the the minerals that kind of get into the the meat in that in that area, but it's a meat in that in that area, but it's a great source of general protein.

great source of general protein. >> get organic chicken chicken thighs um >> get organic chicken chicken thighs um for sure. Like I'm definitely We we we for sure. Like I'm definitely We we we talk about good, better, best, so I talk about good, better, best, so I think anytime you're cooking at home, think anytime you're cooking at home, you are winning. You're winning, so you are winning. You're winning, so don't beat yourself up, but like I don't beat yourself up, but like I choose to do organic chicken thighs, so choose to do organic chicken thighs, so I just put them on cookie sheet with I just put them on cookie sheet with parchment paper, and I will show you how parchment paper, and I will show you how I baste them.

I baste them. Um I use Kerrygold butter, and again, Um I use Kerrygold butter, and again, this is grass-fed. this is grass-fed. And I think sometimes for people, this And I think sometimes for people, this is more expensive than butter at Walmart is more expensive than butter at Walmart or, you know, whatever. It's just But or, you know, whatever. It's just But you can get a three-pack of this at you can get a three-pack of this at Costco, and again, we have no Costco, and again, we have no affiliation with any of these places.

affiliation with any of these places. I'm just saying what If I have time If I I'm just saying what If I have time If I have time and I'm at Costco, I'll grab have time and I'm at Costco, I'll grab it. If I don't, then maybe I just try to it. If I don't, then maybe I just try to get organic or something, but any any get organic or something, but any any butter's good, not margarine, butter.

butter's good, not margarine, butter. And then we use avocado oil, and so And then we use avocado oil, and so Chuck can talk about um why we always Chuck can talk about um why we always have avocado oil next to the stove and have avocado oil next to the stove and all olive oil. And so depending on how all olive oil. And so depending on how high we cook things, high we cook things, determines if we use avocado oil or determines if we use avocado oil or olive oil.

olive oil. Avocado oil has a higher smoke point Avocado oil has a higher smoke point than olive oil. So, if you're cooking at than olive oil. So, if you're cooking at a higher heat, olive oil is going to be a higher heat, olive oil is going to be a better way to go. And I think we do I a better way to go. And I think we do I mean avocado oil. And uh I think Nicole mean avocado oil. And uh I think Nicole is going to do a blend with some butter is going to do a blend with some butter as well, which has a pretty high smoke as well, which has a pretty high smoke point. Also, butter

what people don't point. Also, butter what people don't realize, it's a great source of fats realize, it's a great source of fats like it's like basically 100% fat. Uh like it's like basically 100% fat. Uh but this is usable fat. Remember, this but this is usable fat. Remember, this is kind of fat that your DNA and your is kind of fat that your DNA and your physiology knows what to do with as physiology knows what to do with as opposed to like a seed oil fat from like opposed to like a seed oil fat from like corn oil or soybean oil or something corn oil or soybean oil or something like that. Um So, butter also has some like that. Um So, butter also has some butyrate in it. Um it So, butyrate is butyrate in it. Um it So, butyrate is one of the short-chain fatty acids that one of the short-chain fatty acids that makes up sort of our symbiotic makes up sort of our symbiotic relationship between us and our gut relationship between us and our gut microbes. So, our gut microbes, we've microbes. So, our gut microbes, we've got this amazing relationship with them got this amazing relationship with them where they will where they will consume some of the little fibers in our consume some of the little fibers in our food that we can't really break down and food that we can't really break down and and digest, but the bacteria can. So, and digest, but the bacteria can. So, when the bacteria breaks down those when the bacteria breaks down those fibers, so remember, we call the healthy fibers, so remember, we call the healthy bacteria basically like a probiotic. A bacteria basically like a probiotic. A probiotic consumes a prebiotic.

probiotic consumes a prebiotic. Prebiotic is basically its food, and Prebiotic is basically its food, and then it produces a postbiotic. A then it produces a postbiotic. A postbiotic is like a short-chain fatty postbiotic is like a short-chain fatty acid. That's one of the postbiotics. And acid. That's one of the postbiotics. And butyrate is one of the most amazing butyrate is one of the most amazing short-chain fatty acids in our gut cells short-chain fatty acids in our gut cells utilize that short-chain fatty acid as utilize that short-chain fatty acid as like a fuel source. Butter, all this has like a fuel source. Butter, all this has already sort of happened in the already sort of happened in the butter-making process. You actually get butter-making process. You actually get a nice little dose of butyrate with a nice little dose of butyrate with butter.

## Protein, Seasoning, and Baking the Chicken

butter. butter. We're going to talk in a little bit with We're going to talk in a little bit with the arugula salad. We're going to put a the arugula salad. We're going to put a little little little um um um What kind of cheese is it? Parmigiana?

What kind of cheese is it? Parmigiana? Parmigiana and Romano. Parmigiana cheese Parmigiana and Romano. Parmigiana cheese Parmigiana cheese Parmigiana cheese Parmigiana cheese Parmigiana cheese because of the sort of bacteria that because of the sort of bacteria that fermented to make the cheese have a fermented to make the cheese have a really nice shot of butyrate in there as really nice shot of butyrate in there as well. So, nice little gut health well. So, nice little gut health feature. But back to the chicken, what I feature. But back to the chicken, what I was mentioning earlier, chicken has uh was mentioning earlier, chicken has uh it's really dense in protein. I usually it's really dense in protein. I usually recommend with most people who were recommend with most people who were trying to support their metabolic trying to support their metabolic health, we want to have with each meal health, we want to have with each meal about 35 g of protein minimum.

about 35 g of protein minimum. And one chicken thigh gives you about 25 And one chicken thigh gives you about 25 g of protein. So, you know, I'm probably g of protein. So, you know, I'm probably going to have like three.

going to have like three. Uh but Nicole might have one, one and a Uh but Nicole might have one, one and a half, uh which will get you right there half, uh which will get you right there at that 35 g of protein. Um at that 35 g of protein. Um but then you want to, you know, eat the but then you want to, you know, eat the skin. You want to nibble on the little skin. You want to nibble on the little connective tissue all the way down to connective tissue all the way down to the bone. That's where you get all that the bone. That's where you get all that collagen and all those cool collagen and all those cool micronutrients are all kind of tucked micronutrients are all kind of tucked away in there. So, again, that's I feel away in there. So, again, that's I feel like you are like a caveman or cavewoman like you are like a caveman or cavewoman eating off the bone. Like we're so we eating off the bone. Like we're so we don't do that anymore. So, you kind of don't do that anymore. So, you kind of can gnaw on it. So, um I think that's can gnaw on it. So, um I think that's great. But and it is way more flavorful.

great. But and it is way more flavorful. And if you don't want to do it with the And if you don't want to do it with the bone, and I've done this with skinless bone, and I've done this with skinless skinless skinless skinless thighs, and you can do a whole different thighs, and you can do a whole different like Italian theme. You can put like Italian theme. You can put bruschetta on the top with Parmesan bruschetta on the top with Parmesan cheese, too. You make it the same way.

cheese, too. You make it the same way. And at the end you just add bruschetta, And at the end you just add bruschetta, which I get it from Trader Joe's. It's which I get it from Trader Joe's. It's the bomb. Doesn't have good oils. I the bomb. Doesn't have good oils. I know, good, better, best. And then you know, good, better, best. And then you put the parm on top. So, you can do put the parm on top. So, you can do that, too, which I know some people are that, too, which I know some people are really having aversion to the skin. We really having aversion to the skin. We don't. So, you can always go that route.

don't. So, you can always go that route. But now I'm going to prepare. So, I've But now I'm going to prepare. So, I've put the chicken on the cookie sheet, and put the chicken on the cookie sheet, and then I've melted the butter and the then I've melted the butter and the um olive oil. So, um olive oil. So, I just get my hands in it and I I just I just get my hands in it and I I just put it on the skin. It makes it so put it on the skin. It makes it so crispy and yummy, and I just rub it all crispy and yummy, and I just rub it all over.

over. over. And And And I do one of these. And honestly, you I do one of these. And honestly, you guys, I grew up in the I mean, I guys, I grew up in the I mean, I graduated from high school in the '90s.

graduated from high school in the '90s. So, lift it up a little bit. Um I mean, So, lift it up a little bit. Um I mean, those of you who know the Snackwell era, those of you who know the Snackwell era, and you know, it's all about like and you know, it's all about like fat-free and carbo-loading and I mean, I fat-free and carbo-loading and I mean, I get it. We wanted to steer clear of the get it. We wanted to steer clear of the fat. And fat. And I would have never dreamed that I'd be I would have never dreamed that I'd be dousing chicken in butter and olive and dousing chicken in butter and olive and avocado oil, but um it's amazing. So, avocado oil, but um it's amazing. So, Let's talk a little bit about the Let's talk a little bit about the difference between uh dark meat, white difference between uh dark meat, white meat. So, thighs are obviously dark meat. So, thighs are obviously dark meat, which is by far my preference. I meat, which is by far my preference. I think the I think breast meat is pretty think the I think breast meat is pretty bland, personally, but some people bland, personally, but some people really like it. No problem. Super solid really like it. No problem. Super solid source of protein. No big deal. Keep source of protein. No big deal. Keep that skin on. Um but you get some extra that skin on. Um but you get some extra things with uh with dark thigh meat like things with uh with dark thigh meat like this. You get some some extra iron is in this. You get some some extra iron is in there, some extra B vitamins, which is there, some extra B vitamins, which is really important for like energy really important for like energy production. So, you get some extra production. So, you get some extra goodies in the dark meat that you don't goodies in the dark meat that you don't quite get in the white meat, but it's quite get in the white meat, but it's just as a pure source of protein, white just as a pure source of protein, white meat, breast meat, all good, no problem.

meat, breast meat, all good, no problem. But, I think the flavor profile, But, I think the flavor profile, frankly, is a lot better with thigh meat frankly, is a lot better with thigh meat as well.

as well. I do, too. And And again, you can flavor I do, too. And And again, you can flavor it however you want, meaning you can it however you want, meaning you can put any seasoning. I I've dabbled with put any seasoning. I I've dabbled with that, too, cuz I think I'm an that, too, cuz I think I'm an over-seasoner. Chad probably would say over-seasoner. Chad probably would say Anne sometimes.

Anne sometimes. But, um But, um I I mean, now we just we just do this I I mean, now we just we just do this and then salt pepper. It's the best and then salt pepper. It's the best because we have different sauces that because we have different sauces that we can add to it after it's done. So, we can add to it after it's done. So, we'll talk about that, too, cuz our kids we'll talk about that, too, cuz our kids like different sauces and whatever like different sauces and whatever you're in the mood for. And again, like you're in the mood for. And again, like I said, you can make it to your liking.

I said, you can make it to your liking. I mean, you could add chimichurri sauce I mean, you could add chimichurri sauce at the end if you wanted to. Um at the end if you wanted to. Um we just do the whole like the again, the we just do the whole like the again, the tried-and-true CDA chicken. It comes out tried-and-true CDA chicken. It comes out super crispy, like it's been fried or super crispy, like it's been fried or something, and uh um something, and uh um I don't know if we made that super I don't know if we made that super clear, but CDA is the abbreviation for clear, but CDA is the abbreviation for Coeur d'Alene.

Coeur d'Alene. >> Yeah. And so, we This is just baked >> Yeah. And so, we This is just baked chicken. There's nothing extra fancy chicken. There's nothing extra fancy that we call CDA chicken. It's just we that we call CDA chicken. It's just we made it for a whole group of people made it for a whole group of people while we're visiting in Coeur d'Alene, while we're visiting in Coeur d'Alene, and it was a it was a total of and it was a it was a total of crowd-pleaser. So, now us and our whole crowd-pleaser. So, now us and our whole extended family uh all refer to it as extended family uh all refer to it as CDA chicken. And by the way, this look CDA chicken. And by the way, this look like we're like having people over.

like we're like having people over. That's just That's just for our our That's just That's just for our our family. Um our oldest son's coming over, family. Um our oldest son's coming over, and he eats enough for like like two and he eats enough for like like two grown men. So, it looks like we're grown men. So, it looks like we're feeding a whole like group of people, feeding a whole like group of people, but no, it's just a few of us.

but no, it's just a few of us. >> have leftovers. Like, if you would look >> have leftovers. Like, if you would look in our our last night, Chad barbecued in our our last night, Chad barbecued two tri-tips for himself and our oldest two tri-tips for himself and our oldest son and his friend and son and his friend and guess what? We have enough leftover, so guess what? We have enough leftover, so tomorrow I'm like, oh great. I'm going tomorrow I'm like, oh great. I'm going to go and get um shrimp at Trader Joe's.

to go and get um shrimp at Trader Joe's. I get this great wild shrimp. I get this great wild shrimp. And we'll do surf and turf like maybe And we'll do surf and turf like maybe tacos or bowls tomorrow. So we always tacos or bowls tomorrow. So we always make enough definitely protein to have make enough definitely protein to have for the next day and he takes it to work for the next day and he takes it to work too and so it's a win-win. So any butter too and so it's a win-win. So any butter I have left over I always like I never I have left over I always like I never waste it. So it's just going on there waste it. So it's just going on there and again ladies I'm speaking just to and again ladies I'm speaking just to ladies cuz I know ladies cuz I know again if you were in my day too it's again if you were in my day too it's like oh gosh we got to steer away from like oh gosh we got to steer away from fat but fat but butter is good and I I mean my butter is good and I I mean my grandmother always cooked with real grandmother always cooked with real butter and um butter and um it's amazing. So The fat that's in the it's amazing. So The fat that's in the butter, the fat that's in the skin. By butter, the fat that's in the skin. By the way, the the fat that comes from the way, the the fat that comes from chicken is like 45% unsaturated type chicken is like 45% unsaturated type fat. And that that's a pretty similar fat. And that that's a pretty similar profile to olive oil. I think a lot of profile to olive oil. I think a lot of people don't realize that. So it's a people don't realize that. So it's a great source of fat, it's a very usable great source of fat, it's a very usable source of fat. It's very satiating. When source of fat. It's very satiating. When we have a certain amount of fat in our we have a certain amount of fat in our meal, we have satisfaction. We don't meal, we have satisfaction. We don't feel like we have to keep eating and feel like we have to keep eating and eating and eating. That's what I mean by eating and eating. That's what I mean by it has that nice satiation effect and it has that nice satiation effect and it's and it and it tastes good which is it's and it and it tastes good which is nice also. So um so yeah.

nice also. So um so yeah. Eat the fat. And so we again we always Eat the fat. And so we again we always have like fresh salt pepper or not fresh have like fresh salt pepper or not fresh but um what's the salt called?

but um what's the salt called? It's just coarse Morton salt. Okay. It's just coarse Morton salt. Okay. Okay. Okay. So um Okay. Okay. So um Yes, Morton salt and then um and then Yes, Morton salt and then um and then just ground pepper too. So I just I find just ground pepper too. So I just I find it heavily salt it.

it heavily salt it. Because again and if you don't love the Because again and if you don't love the skin you could

always take the skin off skin you could always take the skin off but I'm telling you it's so good. Um so but I'm telling you it's so good. Um so I kind of heavily salt and pepper it.

I kind of heavily salt and pepper it. I don't put anything else on and I am I I don't put anything else on and I am I am a seasoner but this is just amazing am a seasoner but this is just amazing as is.

as is. And then so cooking temperature-wise, I And then so cooking temperature-wise, I do 375 for 40 minutes. And then, the do 375 for 40 minutes. And then, the last um last um So, for 40 minutes, 375, and then I heat So, for 40 minutes, 375, and then I heat it up to 425 for the last 10 minutes.

it up to 425 for the last 10 minutes. I don't know what's going on with our I don't know what's going on with our oven. We did remodel a couple of 2 years oven. We did remodel a couple of 2 years ago, and they've never really worked.

ago, and they've never really worked. So, we we you have to you know your So, we we you have to you know your oven. So, we bump ours up to 385. So, oven. So, we bump ours up to 385. So, always make sure it always make sure it properly you're putting it right out.

properly you're putting it right out. So, um So, um that's what I do. I think if you have a that's what I do. I think if you have a chicken oven, that does not have issues, chicken oven, that does not have issues, 375 for 40 minutes, 375 for 40 minutes, the last 10 minutes, 425.

the last 10 minutes, 425. And then, that's good. So, you pop this And then, that's good. So, you pop this in the oven, in the oven, and then, you can do whatever else you and then, you can do whatever else you want. And again, if you want to do want. And again, if you want to do noodles or noodles or something like that, that's totally something like that, that's totally fine. Um fine. Um we always have a pot of rice going, so we always have a pot of rice going, so the rice is already done. And um the rice is already done. And um now, I'm just going to make the salad, now, I'm just going to make the salad, and I'll show you the sauces that we're and I'll show you the sauces that we're going to have.

going to have. Have a good day. Have a good day. The rice is for those in the family that The rice is for those in the family that could handle the carbohydrates, like our could handle the carbohydrates, like our 20-year-old son and 16-year-old 20-year-old son and 16-year-old daughter, daughter, daughter, who could hammer some who could hammer some rice and be okay with that. Also, a rice and be okay with that.

## Arugula Salad and Dressing Prep

Also, a little something about rice, um little something about rice, um when you cool rice after it's been when you cool rice after it's been cooked, the carbohydrate changes to a cooked, the carbohydrate changes to a resistant starch. A resistant starch is resistant starch. A resistant starch is one of those prebiotics that we talk one of those prebiotics that we talk about. Remember, the prebiotic feeds the about. Remember, the prebiotic feeds the the beneficial bacteria, the probiotic, the beneficial bacteria, the probiotic, and then the probiotic produces the and then the probiotic produces the postbiotic, like butyrate or different postbiotic, like butyrate or different short-chain fatty acids, which is part short-chain fatty acids, which is part of the symbiotic relationship between us of the symbiotic relationship between us and our gut microbes. So, you still have and our gut microbes. So, you still have to take it easy. Um for somebody like to take it easy. Um for somebody like me, who is fairly carbohydrate me, who is fairly carbohydrate intolerant, I can't get away with even, intolerant, I can't get away with even, you know, the cooked and cooled rice you know, the cooked and cooled rice very much, but it is better. Uh it's very much, but it is better. Uh it's better as a resistant starch. So, when better as a resistant starch. So, when you have that opportunity, it's a little you have that opportunity, it's a little bit better way to get in some rice.

bit better way to get in some rice. So, the chicken is baking in the oven. So, the chicken is baking in the oven. And so now let's talk about the arugula And so now let's talk about the arugula salad.

salad. salad. And again, I make this at the very end, And again, I make this at the very end, and I get this from

Sprouts. You can get and I get this from Sprouts. You can get arugula anywhere. Again, I get organic.

arugula anywhere. Again, I get organic. And apparently, I read this weekend if And apparently, I read this weekend if you can buy it in a bunch, it's more you can buy it in a bunch, it's more flavorful. I don't know where you can flavorful. I don't know where you can buy it in a bunch, but um maybe a buy it in a bunch, but um maybe a farmer's market or Jimbo's or something farmer's market or Jimbo's or something like that. So, I'm going to I'm going to like that. So, I'm going to I'm going to look for that. But, I always have these look for that. But, I always have these on hand, too, because on hand, too, because um um um they have a they I don't know, they last they have a they I don't know, they last for a while, and it's a quick, easy way for a while, and it's a quick, easy way to just grab your greens, and we just to just grab your greens, and we just put I put onions on them or onions on put I put onions on them or onions on the salad, and parm.

the salad, and parm. Julia likes a certain dressing, but Julia likes a certain dressing, but normally we kind of toss it with normally we kind of toss it with something, and then something, and then there you go. Last night Chad made there you go. Last night Chad made cucumbers with olive oil and lemon cucumbers with olive oil and lemon juice, and whatever, that's amazing, juice, and whatever, that's amazing, too. We always try to have some kind of too. We always try to have some kind of veggie.

veggie. veggie. And so And so >> made the cucumber salad with olive oil >> made the cucumber salad with olive oil and vinegar. Any kind of vinegar. What and vinegar. Any kind of vinegar. What did I have? Um we prefer to have apple did I have? Um we prefer to have apple cider vinegar. We didn't have it. And cider vinegar. We didn't have it. And so, we use um so, we use um some red wine vinegar. What's really some red wine vinegar. What's really cool about red wine vinegar, it's got cool about red wine vinegar, it's got acetic acid, or any kind of vinegar, acetic acid, or any kind of vinegar, actually. They all have acetic acid.

actually. They all have acetic acid. Acetic acid is really helpful to blunt Acetic acid is really helpful to blunt the post-meal glucose spike. So, that's the post-meal glucose spike. So, that's one of the advantages um one of the advantages um using vinegar in different things. So, I using vinegar in different things. So, I made like a very simple cucumber salad.

made like a very simple cucumber salad. I sliced up the cucumbers and mixed up I sliced up the cucumbers and mixed up just a little mixing bowl, some olive just a little mixing bowl, some olive oil, um about a 2:1 ratio of olive oil oil, um about a 2:1 ratio of olive oil and vinegar, threw in some salt and and vinegar, threw in some salt and pepper, pepper, pepper, couple dashes of garlic powder, um now couple dashes of garlic powder, um now it's really about Chad, maybe some it's really about Chad, maybe some Italian spices I threw in there, and Italian spices I threw in there, and good to go. Just kind of mix it up, pour good to go. Just kind of mix it up, pour it over the cucumber, mix it up with a it over the cucumber, mix it up with a spoon, it's super good. And similar to spoon, it's super good. And similar to last night, we'll make um a little last night, we'll make um a little dressing, or maybe we're going to use a dressing, or maybe we're going to use a dressing, or make a dressing.

dressing, or make a dressing. I mean, good, better, best. Chad's the I mean, good, better, best. Chad's the dressing maker, not me. I don't want to dressing maker, not me. I don't want to spend my time chopping up garlic, and spend my time chopping up garlic, and there's like 50,000 ingredients that he there's like 50,000 ingredients that he likes. He'll do it. I don't want to do likes. He'll do it. I don't want to do it. So, I'll show you here's what I use it. So, I'll show you here's what I use from It's like five ingredients. From um from It's like five ingredients. From um you know what? From Sprouts.

you know what? From Sprouts. And it's really good. And there is um And it's really good. And there is um it's good oils in it, just olive oil. A it's good oils in it, just olive oil. A lot of times, FYI, they'll say that they lot of times, FYI, they'll say that they use olive oil, but if you read the back, use olive oil, but if you read the back, there'll be canola oil or soybean oil or there'll be canola oil or soybean oil or something like that. This is only olive something like that. This is only olive oil in here.

oil in here. Um Um Um and you do have to take it out like 20 and you do have to take it out like 20 minutes ahead of time so it minutes ahead of time so it Got that was all right.

Got that was all right. >> Yeah, otherwise the olive oil can >> Yeah, otherwise the olive oil can solidify in the fridge. solidify in the fridge. So, I use this and again So, I use this and again um I use these red onions. They're I um I use these red onions. They're I don't know, I'm sure you could get it don't know, I'm sure you could get it you could chop them up yourself. These you could chop them up yourself. These are from Sprouts. I don't even want to are from Sprouts. I don't even want to do that, but I mean, let's be realistic.

do that, but I mean, let's be realistic. If If you want to be If If you want to be do everything on your own, do everything on your own, you are like a you're like an A+ you are like a you're like an A+ student. I'm not, so I just again, I student. I'm not, so I just again, I feel like if I'm cooking at home, I'm feel like if I'm cooking at home, I'm doing the best I can. And um I get these doing the best I can. And um I get these Yeah, these are what they are. Cleveland Yeah, these are what they are. Cleveland Red Onions, but we probably should Red Onions, but we probably should >> super easy to pickle, which we'll >> super easy to pickle, which we'll definitely do that in a video in the definitely do that in a video in the future.

future. future. >> my sister does that. She does. But yeah, >> my sister does that. She does. But yeah, good better and best, sometimes you just good better and best, sometimes you just got to buy them store-bought.

got to buy them store-bought. And then um And then um our daughter I I think I shared this on our daughter I I think I shared this on the last one, this ranch dressing from the last one, this ranch dressing from Primal too. She loves that. So, I don't Primal too. She loves that. So, I don't I don't toss it all. I put a little bit I don't toss it all. I put a little bit out for her. She can do her own thing.

out for her. She can do her own thing. And then here's always a go-to, just And then here's always a go-to, just olive oil, red wine vinegar, and I get olive oil, red wine vinegar, and I get this I always have this on hand. It's this I always have this on hand. It's just lemon juice, straight lemon juice just lemon juice, straight lemon juice from Trader Joe's. I get that so I can from Trader Joe's. I get that so I can always I don't even want to sometimes always I don't even want to sometimes squeeze a lemon, so there you go.

squeeze a lemon, so there you go. That's that. And then um I literally That's that. And then um I literally dump the oregano in here and I will dump the oregano in here and I will doctor it up a little bit. I'm going to doctor it up a little bit. I'm going to with some harm. I'm going to toss parm with some harm. I'm going to toss parm in it. And then I I do say this is in it. And then I I do say this is really good actually. This is from really good actually. This is from Trader's. Let me talk about the parm for Trader's. Let me talk about the parm for a sec. As somebody who's mostly cow a sec.

## Sauces, Kimchi, and Fermented Foods

As somebody who's mostly cow dairy free, I can get away with maybe a dairy free, I can get away with maybe a little bit of goat cheese. Um I can do a little bit of goat cheese. Um I can do a little bit of parm.

little bit of parm. Um the aged like the really you know, Um the aged like the really you know, super aged cheeses I I to tolerate super aged cheeses I I to tolerate pretty good. I've got certain things pretty good. I've got certain things that I can tell if I'm tolerating the that I can tell if I'm tolerating the the dairy or not and I seem to tolerate the dairy or not and I seem to tolerate a little bit of this. You get some a little bit of this. You get some pretty cool things with the parm. You pretty cool things with the parm. You get get get um um um uh that butyrate that we talked about in uh that butyrate that we talked about in butter, you also get this butyrate uh in butter, you also get this butyrate uh in this kind of cheese. You also get some this kind of cheese. You also get some K2, vitamin K2. This is a a very cool K2, vitamin K2. This is a a very cool little kind of relationship that's in little kind of relationship that's in cheeses, especially this kind of cheese.

cheeses, especially this kind of cheese. Vitamin K2, we typically have to make in Vitamin K2, we typically have to make in our gut. We get K1 from things like our gut. We get K1 from things like vegetables and then our gut microbes vegetables and then our gut microbes convert the K1 into the K2, which is convert the K1 into the K2, which is really important for bone health. Lots really important for bone health. Lots of other things, gut health and many of other things, gut health and many other things, but vitamin K2 is sort of other things, but vitamin K2 is sort

of the glue that keeps the calcium in the the glue that keeps the calcium in the bone. Vitamin D bone. Vitamin D tells the calcium to go into the bone.

tells the calcium to go into the bone. Vitamin K2 is sort of the glue that Vitamin K2 is sort of the glue that keeps the calcium in the bone. So, bone keeps the calcium in the bone. So, bone health, but also in this kind of cheese health, but also in this kind of cheese you get some calcium, so that's a nice you get some calcium, so that's a nice little synergistic relationship. Um but little synergistic relationship. Um but then you get something Here's a little then you get something Here's a little little fun fact. There's something little fun fact. There's something called umami. So, you might have heard called umami. So, you might have heard of umami Umami of umami Umami is basically a um kind of a flavor is basically a um kind of a flavor profile. You know, there's like profile. You know, there's like different tongue sensors where we can different tongue sensors where we can pick up sour and sweet and salty, stuff pick up sour and sweet and salty, stuff like that. We can also pick up umami.

like that. We can also pick up umami. Umami has a really cool little metabolic Umami has a really cool little metabolic benefit. Umami is very um satiating. So, benefit. Umami is very um satiating. So, as I mentioned with fat, it's satiating.

as I mentioned with fat, it's satiating. Umami is also really satiating. So, just Umami is also really satiating. So, just a little bit of some kind of food that a little bit of some kind of food that provides some umami, which definitely provides some umami, which definitely aids cheese does, again you get that aids cheese does, again you get that satiety factor. It also helps to satiety factor. It also helps to decrease the amount of overall food decrease the amount of overall food you're going to eat and certainly you're going to eat and certainly balances your overall metabolic health.

balances your overall metabolic health. Okay, and if you happen to go to Costco, Okay, and if you happen to go to Costco, I get this at Costco when I'm there. Um I get this at Costco when I'm there. Um but this bad boy does not expire till but this bad boy does not expire till September 21st and we've more than September 21st and we've more than likely use it by then. So, this is likely use it by then. So, this is definitely a good bang for your buck um definitely a good bang for your buck um to go to Costco and get that.

to go to Costco and get that. And then and I do this is so fun. A And then and I do this is so fun. A friend turned me on to this. This is friend turned me on to this. This is from Trader's from Trader's and it is I'm I'm going to try to and it is I'm I'm going to try to pronounce it a garlicky and spicy pronounce it a garlicky and spicy seasoning blend.

seasoning blend. And I put it on everything. Make it for And I put it on everything. Make it for your chicken. your chicken. Whatever, but I always put it in salads, Whatever, but I always put it in salads, too. Um it gives it a little kick.

too. Um it gives it a little kick. There's There's There's garlic, um sea salt flakes, parsley, red garlic, um sea salt flakes, parsley, red bell pepper, red chili um pepper, and bell pepper, red chili um pepper, and then I just throw some parm in it.

then I just throw some parm in it. And I'll mix it up a little bit, and And I'll mix it up a little bit, and then again, then again, we'll put some aside for our daughter we'll put some aside for our daughter cuz she likes the arugula. And then cuz she likes the arugula. And then um One thing about arugula is it um One thing about arugula is it Sometimes Chad laughs at me that I Sometimes Chad laughs at me that I always make a salad for like 50 people, always make a salad for like 50 people, but I don't It really kind of shrinks but I don't It really kind of shrinks down, too. So, down, too. So, um um um just so you know. And And it takes on just so you know. And And it takes on the dressing really You don't want it um the dressing really You don't want it um kind of wilted. So, kind of wilted. So, be mindful of that, too. But I just do be mindful of that, too. But I just do this, and then this, and then we will toss it and we will toss it and add some more of this. It's Arugula's add some more of this. It's Arugula's considered a bitter green, which any considered a bitter green, which any kind of bitters or bitter greens are has kind of bitters or bitter greens are has some compounds in them which are some compounds in them which are actually helpful for digestion. One actually helpful for digestion. One thing, I know this is getting long, but thing, I know this is getting long, but um I'm going to share some sauces that um I'm going to share some sauces that we use. I haven't even

tried this yet.

we use. I haven't even tried this yet. This is the yum yum sauce from Primal, This is the yum yum sauce from Primal, but again has good ingredients. but again has good ingredients.

Um and it says for steak, chicken, and Um and it says for steak, chicken, and shrimp. So, I got this for tonight. shrimp. So, I got this for tonight. Okay, so this is an option. Good oils Okay, so this is an option. Good oils and nuts. Um we always have the buffalo and nuts. Um we always have the buffalo sauce on hand. Again, Primal.

sauce on hand. Again, Primal. No affiliation with them. No affiliation with them. But um But um and then the barbecue sauce. and then the barbecue sauce.

They have different flavors, but this They have different flavors, but this again again again if you're going for If you're counting if you're going for If you're counting your carbs and stuff, this is a lower your carbs and stuff, this is a lower carb one. Um this one is not, but my carb one. Um this one is not, but my kids love this, and it's gluten-free.

kids love this, and it's gluten-free. We're gluten-free, so um this is really We're gluten-free, so um this is really good, though. So, the Japanese. It's a good, though. So, the Japanese. It's a little bit of sugar in that one, but um little bit of sugar in that one, but um not very much for those of you who can not very much for those of you who can handle a little bit more carbohydrate, handle a little bit more carbohydrate, then uh it certainly is tasty. My go-to then uh it certainly is tasty. My go-to is definitely the buffalo sauce.

is definitely the buffalo sauce. And then we're going to add um kimchi to And then we're going to add um kimchi to it, too. But it, too. But it's amazing for your gut. So, I'll talk it's amazing for your gut. So, I'll talk about that a little bit, cuz about that a little bit, cuz Chyna I it, our kids don't really eat Chyna I it, our kids don't really eat it, but um this again is from Costco.

it, but um this again is from Costco. You get a huge thing of this, cheap and You get a huge thing of this, cheap and put the probiotics in here really good, put the probiotics in here really good, so.

so. so. Yeah, fermented food this stuff has been Yeah, fermented food this stuff has been around for really, really long time. We around for really, really long time. We get lots of cool benefits from fermented get lots of cool benefits from fermented foods. There's uh probiotics that are foods. There's uh probiotics that are naturally in there.

naturally in there.

## Final Plating and Nutrition Recap

Um Um Um since it's made from ingredients that uh since it's made from ingredients that uh things like vinegar, uh you get some things like vinegar, uh you get some acetic acid. Remember I mentioned acetic acetic acid. Remember I mentioned acetic acid earlier with vinegar.

acid earlier with vinegar. Acetic ac- acid really helps to decrease Acetic ac- acid really helps to decrease that post-meal glucose spikes, so it that post-meal glucose spikes, so it keeps your insulin down and doesn't get keeps your insulin down and doesn't get in the way of post-meal in the way of post-meal uh blood sugar dysregulation.

uh blood sugar dysregulation. Um also, you get the probiotics in the Um also, you get the probiotics in the in in kimchi. Any kind of fermented in in kimchi. Any kind of fermented food, and it doesn't have to be a big food, and it doesn't have to be a big burdensome amount. It could be a couple burdensome amount. It could be a couple tablespoons of it. Doesn't have to be, tablespoons of it. Doesn't have to be, you know, a huge amount. Some people you know, a huge amount. Some people like it, some people don't. Kimchi, we like it, some people don't. Kimchi, we really like the whole flavor profile.

really like the whole flavor profile. It's got that kind of spicy, sour um It's got that kind of spicy, sour um sort of thing. But, you can get away sort of thing. But, you can get away with um other sources of fermented foods with um other

sources of fermented foods as well, but kimchi kimchi this kimchi as well, but kimchi kimchi this kimchi is super good.

is super good. I don't know. Kefir, kefir, however they I don't know. Kefir, kefir, however they say it. Kefir lab. This is um coconut say it. Kefir lab. This is um coconut kefir, so if anyone doesn't want to do kefir, so if anyone doesn't want to do dairy, this is great, too.

dairy, this is great, too. We get this at Sprouts, but We get this at Sprouts, but I'm sure they have it other places, but I'm sure they have it other places, but this is awesome, too. So, just if you this is awesome, too. So, just if you don't like the kimchi thing, um and I don't like the kimchi thing, um and I like kimchi like with a bite of chicken like kimchi like with a bite of chicken or something else, not to eat on its own or something else, not to eat on its own necessarily, but necessarily, but sour kraut's good, too. So.

sour kraut's good, too. So. And then finally, And then finally, if you're a dessert-y person, like if you're a dessert-y person, like we have berries that we usually have or we have berries that we usually have or um um um our kids like mangoes, too. So, Chyna our kids like mangoes, too. So, Chyna will probably pass on the mangoes, cuz I will probably pass on the mangoes, cuz I think they have a little bit more sugar think they have a little bit more sugar in them, so we'll probably opt out for in them, so we'll probably opt out for the the the berries, but we also get chocolate and berries, but we also get chocolate and nuts from Trader Joe's that we put on nuts from Trader Joe's that we put on top, too, for a little treat. Okay, so top, too, for a little treat. Okay, so here's the final product. Um the chicken here's the final product. Um the chicken and and and But, you can see the chicken's nice and But, you can see the chicken's nice and crispy, so it feels like you're eating crispy, so it feels like you're eating fried chicken, which you you are.

fried chicken, which you you are. But and then again, everyone can have their and then again, everyone can have their own dipping sauce. own dipping sauce.

Okay, so there you have it. There's the Okay, so there you have it. There's the finished meal. Remember the protein finished meal. Remember the protein is thigh has about 25 g of protein.

is thigh has about 25 g of protein. Breast has about 50 g of protein. Breast has about 50 g of protein. Got the nice arugula salad. Remember Got the nice arugula salad. Remember what's cool about the dark meat from a what's cool about the dark meat from a thigh as opposed to the breast meat is thigh as opposed to the breast meat is you get some iron. This will be 12. You you get some iron. This will be 12. You get some zinc, some selenium. Remember get some zinc, some selenium. Remember the iron that you get from chicken is the iron that you get from chicken is what's called heme iron, which is way what's called heme iron, which is way more bioavailable than the kind of iron more bioavailable than the kind of iron that you get from vegetables, so that you get from vegetables, so lots of cool things going on here, very lots of cool things going on here, very supportive for your metabolic health.

supportive for your metabolic health.