



Berry Chicken Salad With Honey Balsamic Dressing

Ingredients

Vinaigrette:

- 3 tablespoons balsamic vinegar
- 2 tablespoons honey
- 1 tablespoon Dijon mustard
- ¼ cup olive oil
- ¼ teaspoon coarse salt
- ¼ teaspoon freshly ground black pepper

Salad:

- 4–6 cups spring mix
- 4 (4- to 6-ounce) cooked boneless skinless chicken breasts, cooled and sliced
- 2–3 cups fresh berries (strawberries, blackberries, blueberries)
- 1 medium ripe avocado, peeled and sliced
- ½ cup cooked quinoa, cooled
- Pinch of coarse salt and freshly ground black pepper, if desired
- Handful chopped walnuts or almonds and feta, goat or Parmesan cheese, if desired



Nutritional value per serving

552 calories
25g Fat
(4.4g Saturated)
177mg Cholesterol
332mg Sodium
28g Carbohydrates
(5.8g Fiber)
55g Protein

Directions

1. In a small measuring cup or bowl, whisk together dressing ingredients. Taste and adjust seasoning, if necessary.
2. Arrange spring mix in bowls. Distribute chicken breasts, berries, avocado and quinoa on each salad. Sprinkle lightly with salt and freshly ground black pepper, if desired. Top with nuts and cheese, if desired.
3. Just before serving, drizzle dressing on salad. Store leftover salad and dressing in separate containers in the refrigerator.



Serves 4
1.5 cup/serving



Prep time: 15
minutes



Cook time: depends
on chicken method