

Great RECIPES

*GOT A GREAT RECIPE YOU WANT TO SHARE? SEND US YOUR RECIPE AND A COUPLE OF PHOTOS
AND YOUR CREATION COULD BE FEATURED HERE! EMAIL to jbryant@wilcolocal.com*

Grilled Chicken and Avocado Salad

Servings: 4. Recipe adapted from **Delish**

INGREDIENTS:

2 BONELESS, SKINLESS CHICKEN BREASTS
(8 OUNCES EACH)
1 TEASPOON DRIED OREGANO
1 TEASPOON GROUND CORIANDER
KOSHER SALT, TO TASTE
FRESHLY GROUND BLACK PEPPER, TO TASTE
2 TABLESPOONS EXTRA-VIRGIN OLIVE OIL
3 ROMAINE HEARTS, CHOPPED
3 CUPS SPINACH
2 AVOCADOS, THINLY SLICED
2 CUCUMBERS, THINLY SLICED
1 APPLE, THINLY SLICED
1 CUP GRAPES, HALVED

CREAMY HONEY-DIJON DRESSING:

3/4 CUP PLAIN GREEK YOGURT
3 TABLESPOONS EXTRA-VIRGIN OLIVE OIL
1 1/2 TABLESPOONS HONEY
1 TABLESPOON DIJON MUSTARD
1 TABLESPOON FRESH LEMON JUICE
1 TEASPOON APPLE CIDER VINEGAR
1/4 TEASPOON GARLIC POWDER
1/4 TEASPOON SALT
1/8 TEASPOON BLACK PEPPER



DIRECTIONS:

- Preheat grill or grill pan to medium-high heat. In medium bowl, sprinkle chicken with oregano, coriander and salt and pepper, to taste. Add oil then toss to coat.
- Grill chicken, covered, about 8 minutes per side, until slightly charred and registering 165 F on thermometer inserted into thickest part. Transfer to cutting board, let rest 5 minutes then thinly slice.
- Divide romaine, spinach, avocados, cucumbers, apples and grapes among bowls. Top with chicken.
- To make dressing: Whisk Greek yogurt, olive oil, honey, Dijon mustard, lemon juice, apple cider vinegar, garlic, salt and pepper. Drizzle over salad and serve.