



Favorite Salad Ever

INGREDIENTS:

- 2 chicken breasts
- 1 TBS avocado or olive oil
- 1 lemon
- 1 bunch fresh parsley chopped
- Garlic powder
- 2 heads romaine lettuce chopped
- 1 cup shredded carrots
- 1 cup red or green grapes halved
- 1 apple cored and diced
- 1/3 cup cranberries
- 1/2 cup pecans
- 2 TBS feta or vegan feta crumbles
- Salt & pepper

DRESSING:

- 1/2 cup olive oil
- 2 garlic cloves finely chopped
- Splash of apple cider vinegar or white wine vinegar
- 1 TBS stone ground mustard
- 1 TBS 100% maple syrup
- 1.5 TBS fig or balsamic glaze
- 1 lemon (juice of)
- Salt & pepper
- Water if needed to thin

METHOD:

- Wash all produce and chicken.
- Place chicken in bowl with 1 TBS olive or avocado oil, parsley, juice of 1 lemon, garlic powder, salt & pepper. Mix together and let marinate 20+ minutes in fridge. Mix 1-2 times throughout
- In the meantime, add romaine lettuce and carrots to a large bowl. Top with halved grapes, apple, cranberries and pecans.
- To make the dressing whisk together all ingredients in a bowl. You may need to add water 1 TBS at a time to thin. Add salt and pepper to taste
- Cook chicken until juices run clear.
- Chop chicken and serve over salad with dressing.

NOTES:

You can add a bit of fresh lemon juice to apples to prevent browning or cut the apple up immediately before you eat the salad. Use spinach or other greens, get creative.

Serves 2