

CHICKEN & STRAWBERRY SPINACH SALAD

-----MAINS-----

INGREDIENTS

Chicken:

2 tablespoons olive oil
2 tablespoons balsamic vinegar
1lb skinless, boneless chicken breast halves
1/4 teaspoon kosher salt
1/4 teaspoon freshly ground black pepper
Cooking spray

Salad Dressing:

1 tablespoon olive oil
1 tablespoon balsamic vinegar
1/8 teaspoon sugar
1/4 teaspoon kosher salt
1/4 teaspoon freshly ground black pepper

Salad:

2 cups halved strawberries
4 cups baby spinach
1/2 small red onion, very thinly sliced
1/3 cup feta cheese, crumbled

DIRECTIONS

1. Combine 2 tablespoons oil and 2 tablespoons vinegar in a large zip-top plastic bag. Add chicken to bag; seal. Let stand 10 minutes, turning occasionally.
2. Heat a grill pan or skillet over medium-high heat. Remove chicken from marinade; discard marinade.
3. Sprinkle chicken with 1/4 teaspoon salt and 1/4 teaspoon pepper. Coat pan with cooking spray.
4. Add chicken to pan; cook 7 minutes on each side or until done (165°). Cut into slices.
5. Combine remaining 1 tablespoon oil, 1 tablespoon vinegar, 1/4 teaspoon salt, 1/4 teaspoon pepper and 1/8 teaspoon sugar in a large bowl, stirring with a whisk or fork.
6. Add strawberries; toss to coat. Add spinach and onion to strawberry mixture; toss gently to combine.
7. Sprinkle feta over salad. Divide salad among 4 plates; top evenly with sliced chicken.

VARIATIONS & TIPS

- Use other vinegars if you don't have balsamic vinegar such as apple cider vinegar or white wine vinegar.
- Replace the sugar with honey or maple syrup.
- Preparing the chicken on the grill is a great option if you have a grill. Other options include pan searing or roasting in the oven.
- You can use other salad greens instead of spinach.
- If strawberries are not available, use apples, pears, grapes, blackberries, raspberries, or blueberries.
- Add other toppings such as chickpeas, chopped walnuts, slivered almonds, or sunflower seeds
- Other cheese options instead of feta could include blue cheese, goat cheese, parmesan cheese or sharp cheddar.

NUTRITION FACTS

311 calories; 16 g fat (3.9 g saturated fat); 29.3g protein; 11.5 g carbohydrates; 3.1 g fiber; 503 mg sodium

YIELD: 4 Servings (4-oz chicken per serving and 1 cup salad)

TOTAL COST: \$8.38

COST PER SERVING: \$2.09

SOURCE: Adapted from Cooking Light

