



Grilled Chicken & Orange Summer Salad

Makes: 4 Servings

Prep Time: 15 minutes

Total Time: 20 minutes

- 6 grilled or cooked chicken breasts, cut across the grain into strips
- 2 cups mixed baby greens
- 1 romaine lettuce, washed and torn into small pieces
- 2 oranges, peeled and cut into segments or 2 Asian pears, cut into thin slices
- 1 English cucumber, cut into julienne strips
- 1 red pepper, cut into julienne strips
- 1 pint blueberries
- 1/2 cup chopped cilantro
- 1/2 cup toasted almonds

Citrus Dressing:

- 1/4 cup extra-virgin olive oil
- 1/4 cup apple cider vinegar
- 1/4 cup orange juice
- 2 tsp Kosher salt
- 1 tsp sugar
- 1/2 tsp granulated garlic
- Pinch each of red chili flakes and black pepper

In a serving bowl, layer the lettuces, oranges, julienned vegetables, berries, chicken and end with toasted nuts. Cover and chill.

Citrus Dressing:

Mix all ingredients together in a blender and dress salad just before serving. Do not toss salad.