



Grilled Chicken Caprese Salad

Makes: 4 servings

Prep Time: 15 minutes Cook Time: 15 minutes

Total Time: 30 minutes plus fridge time 1 hour

Ingredients

Chicken:

- 1 & 1/4 pounds boneless skinless chicken breasts
- 2 tbsp balsamic vinegar
- 1 tbsp pesto
- 1 tsp olive oil
- 1 tsp honey
- Kosher salt and black pepper to taste

Salad:

- 5 ounces baby spinach
- 1 cup cherry tomatoes, halved
- 1 cup mini fresh mozzarella balls
- fresh basil (optional)

Pesto Dressing:

- 1/3 cup plain non fat Greek yogurt
- 1/4 cup low fat milk
- 1 & 1/2 tbsp pesto
- 2 tbsp shredded parmesan cheese
- 1 tbsp apple cider vinegar
- 1/4 tsp granulated garlic
- Kosher salt and black pepper to taste

Instructions

In a small bowl whisk together all of the marinade ingredients. Season the chicken breasts with salt and pepper then place them in a gallon size freezer bag. Pour the marinade over the chicken and seal the bag pressing out all the air as you do. Massage the marinade into the chicken and then place it in

the refrigerator to marinate for an hour or overnight.

Preheat grill to medium-high heat and spray or brush the grates with oil. Place the chicken on the grill and grill for approximately 4-6 minutes per side depending on the size and thickness of the chicken. Remove from the grill and let it rest for at least 5 minutes before slicing.

Combine all of the ingredients for the dressing in a small bowl. Whisk together until combined and taste for seasoning.

Place the spinach on a serving platter or bowl. Arrange the tomatoes, mozzarella balls and sliced chicken on top of the spinach. Top with a sprinkle of kosher salt, fresh ground black pepper and fresh basil. Drizzle the salad with the dressing or serve on the side.