



Caprese Chicken Salad

Directions:

1. Toss 2 teaspoons of marinade with tomatoes and asparagus. Refrigerate.
2. Add remaining marinade to a bowl or plastic zip bag along with chicken breasts. Marinate 30 minutes or up to 4 hours.
3. Cook chicken in skillet over medium heat or bake at 350F until chicken reaches 165F internal temperature. Once cool enough to handle, cut in to slices.
4. Sautee asparagus and tomatoes over medium heat for 5 minutes, until tender.
5. Layer chicken, asparagus, tomatoes, basil, avocado, bacon and mozzarella over spinach. Drizzle with your favorite vinaigrette.

Nutrition facts include 1.5 oz dressing

Nutrition Facts: 374 cal, 25 g fat, 30 g pro, 8 g carb, 915 mg Na+, 3 g fiber

Ingredients:

6 oz boneless, skinless chicken breast
Balsamic Marinade (see below)
4 cups spinach
1/4 cup basil leaves, chiffonade
8 grape tomatoes, halved
2 oz mozzarella pearls
1/4 asparagus, trimmed and cut in 1 inch pieces
1/2 avocado, chopped or sliced
1/4 cup bacon crumbles

Yield: 2 servings

Time: 20 minutes

Balsamic Marinade:

3 tablespoons balsamic vinegar
1 tablespoon Dijon mustard
3 tablespoons olive oil
1 tablespoon lemon juice
1/4 teaspoons dried basil
1/4 teaspoons granulated garlic
1/4 tablespoons granulated onion
1 pinch salt and pepper