

SUMMER BERRY CHICKEN & PECAN SALAD

gluten free & dairy free option

serves 4 (as main dish)

- 1 lb CHICKEN BREASTS, BONELESS, SKINLESS
- SEA SALT & PEPPER, to taste
- 10 large STRAWBERRIES, quartered
- 1 cup BLUEBERRIES, FRESH
- 1 oz PECANS HALVES, toasted (about 20 broken into pieces)
- 8 cups MIXED BABY GREENS or SPINACH
- 1/2 cup GOAT or FETA CHEESE, crumbled
- 8 tbs LIGHT BOTTLED or HOMEMADE BALSAMIC VINAIGRETTE (homemade BALSAMIC VINAIGRETTE recipe)*

**Adjust calories accordingly (I used Maple Grove Farms of Vermont brand dressing - 15 calories/2 tbs).*

Gluten free option: use homemade or GF bottled vinaigrette and cheese.

Dairy free option: omit cheese or use goat cheese if tolerated.

1. Preheat oven to 350 degrees. Place chicken breasts in a casserole dish sprayed with cooking spray. Season chicken with sea salt and pepper; cover and bake 20-25 minutes, or until cooked through. Let cool and chop into pieces.
2. In a small, dry skillet toast pecan halves over low heat stirring occasionally until fragrant, about 6-8 minutes (optional step). Let cool and break into pieces with hands or roughly chop.
3. Layer greens on a platter or plate and top with chicken, fresh strawberry quarters, whole blueberries, goat or feta cheese, pecans, sprinkle of sea salt, pepper and drizzle with balsamic (or serve on the side). Garnish with kiwi slices if desired. Serving size, 1 salad or 1/4 of recipe.

VARIATIONS: Add thinly sliced red onion, walnuts or almonds for pecans. Omit chicken for a meatless side. Top with avocado, cucumber or other fresh fruits.

NUTRITION INFO PER SERVING: 280 calories, 12g fat, 3g sat fat, 70mg cholesterol, 16g carb, 5g fiber, 11g sugar, 28g protein