



Summer Grilled Chicken Salad with Balsamic Blackberry Vinaigrette

serves 4

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McKenzieZieglerNutrition

INGREDIENTS

Salad

- 6 cups mixed greens (kale, spinach, arugula, etc.) chopped
- 6 oz grilled chicken breast, chopped
- 1 medium red onion, thinly sliced and soaked in water
- 1 medium piece ($\frac{3}{4}$ cup) summer fruit, (peach, nectarine, strawberries, etc.) chopped
- $\frac{1}{2}$ cup basil, julienned
- $\frac{3}{4}$ cup crumbled goat cheese
- $\frac{1}{4}$ cup slivered almonds
- salt and black pepper to taste

Toss all ingredients in a large bowl.

Serve with balsamic blackberry vinaigrette.

Balsamic Blackberry Vinaigrette

(adapted from feastingnotfasting.com)

- $\frac{1}{2}$ cup ripe blackberries
- 1 Tbsp balsamic vinegar
- 1 Tbsp olive oil
- $\frac{1}{2}$ Tbsp honey
- 1 tsp lemon juice
- salt to taste

Blend all ingredients in a blender or food processor.

Thin with water if needed.