



# 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](http://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.