



Grilled Chicken, Apricot & Arugula Summer Salad

Active Time: 30 minutes | Total Time: 30 minutes | Serves: 4

Nutrition Information Per Serving

274.9 calories, 9.99 g carbohydrate, 2.78 g fiber, 7.21 g NET carbs, 28.86 g protein, 13.47 g fat

Ingredients

- 6 small(s) organic apricots, halved and pitted
- 1/4 tsp(s) freshly ground pepper
- 2 Tbsp(s) extra-virgin olive oil
- 2 tbsp(s) pine nuts
- 4 ounce(s) organic arugula
- 1/2 Tbsp(s) organic balsamic vinegar
- 1 medium organic cucumber, sliced
- 3/4 tsp(s) sea salt
- 1 tsp dried thyme
- 16 ounce(s) organic, free range chicken

Preparation

1. Light a grill or preheat a grill pan to medium-high heat.
2. In a medium bowl, toss the apricots with the thyme.
3. Pound chicken breasts to 1/2 inch thickness. Season with half of the salt and pepper. Place on preheated grill or grill pan and cook for 6-7 minutes on each side, or until internal temperature reaches 165 F. Place on a cutting board to cool. Slice into strips.
4. Grill the apricot halves over medium-high heat for about 5 minutes, turning once, until grill marks appear and apricots have softened.
5. Toast the pine nuts over medium-low heat in a small skillet, stirring until golden, about 2 minutes.
6. Add the pine nuts to a medium bowl. Whisk in the vinegar, olive oil and remaining salt and pepper. Add the arugula and toss.
7. Arrange the apricot halves and arugula salad. Top with grilled chicken and cucumbers. Serve.

This free recipe cannot be redistributed without prior permission from MealGenius.com. If you have obtained this recipe from any source other than MealGenius.com please contact us.