



## 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.&nbsp;
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.&nbsp;
4. Grill the apricot halves over medium-high heat for about 5 minutes, turning once, until grill marks appear and apricots have softened.&nbsp;
5. Toast the pine nuts over medium-low heat in a small skillet, stirring until golden, about 2 minutes.&nbsp;
6. Add the pine nuts to a medium bowl. Whisk in the vinegar, olive oil and remaining salt and pepper.&nbsp;Add the arugula and toss.
7. Arrange the apricot halves and arugula salad. Top with grilled chicken and cucumbers. Serve.

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