



## Arugula Chicken Salad with Olives and Pecans

Active Time: 20 minutes | Total Time: 20 minutes | Serves: 2

### Nutrition Information Per Serving

351.5 calories, 7.58 g carbohydrate, 2.65 g fiber, 4.93 g NET carbs, 29.37 g protein, 22.77 g fat

#### Ingredients

- 1/4 tsp(s) Real Salt
- 1/2 cup(s), grated organic carrots
- 1 -8oz. breast pastured chicken
- 3 cup(s) organic arugula
- 1/4 tsp(s) freshly ground black pepper
- 2 Tbsp(s) organic extra virgin olive oil
- 1/2 ounce(s) pecans, chopped
- 1 Tbsp organic balsamic vinegar
- 1 tsp mustard powder
- 8 large(s) organic Kalamata olives, halved

#### Preparation

1. Preheat a cast-iron grill pan to medium high heat.
2. Season the chicken breasts with salt and pepper. Place seasoned chicken on the grill pan and cook 3-4 minutes. Flip and cook until the juices run clear.
3. Set aside to cool slightly, then slice the chicken into 1/4 inch thick strips.
4. Prepare the salad and salad dressing. In a small bowl, whisk the balsamic vinegar with the oil (reserving 1 tsp. for later) and mustard to emulsify. Season with salt and pepper.
5. Place the arugula in a medium bowl and drizzle with remaining 1 tsp. oil. Gently massage to coat the leaves, then sprinkle with a small amount of sea salt. Toss in the shredded carrots and olives. Top with chicken and drizzle with dressing and chopped pecans.

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