



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.

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.