

Grilled Rosemary Chicken Chopped Salad

Makes: 6 Servings

This savory salad is a bright and crunchy mix of vegetables (some sourced from local farms thanks to Miami-Dade Public Schools) which are tossed with tender grilled chicken that has been marinated in earthy rosemary. It is colorful and tasty with many different textures; the creaminess of avocado, the snap of carrots, cucumbers, and green beans, and the freshness of flat leaf parsley all combine for a party in your mouth that our students cannot resist!

Ingredients

- 6 chicken breasts, boneless, skinless
- 1 **tablespoon** fresh rosemary, finely chopped
- 1 **tablespoon** parsley
- 1 **clove** Garlic, Raw, pressed
- 1/2 **teaspoon** ground black pepper
- 6 **cups** Romaine lettuce, raw, chopped
- 1/2 **cup** cucumber, raw, peeled, chopped
- 1/2 **cup** Carrots, raw, chopped
- 1/2 **cup** garbanzo beans, canned, drained
- 1/2 **cup** green beans, raw, chopped
- 1/2 **cup** fresh avocado, peeled, seeded
- 1/2 **cup** olives, ripe, canned, drained
- 1/4 **cup** onions, red, raw, chopped
- 4 **ounces** salad dressing, light ranch

Directions

1. Preheat oven to 350°F.
2. Chop the grilled chicken breast into 1 inch cubes and toss with the finely chopped rosemary.
3. Bake the rosemary grilled chicken in the oven for 25-30 minutes, until it reaches an internal temperature



of 165°F for 15 seconds.

4. While the chicken is baking, mix all of the chopped and drained vegetables into a large salad bowl.
5. Toss the chicken with the lettuce and chopped vegetables, and lightly dress to serve.