

Grilled Chicken Salad with Garden Green, Arugula, and Baby Spinach & Herb Sherry Vinaigrette

Rating: ★★★★★

Makes: 6 Servings

Straight from the White House kitchen to you! A refreshing vinaigrette completes this crisp garden salad topped with herb-marinated chicken.

Ingredients

2 pounds assorted seasonal garden greens (arugula and baby spinach, about 22 cups)
6 chicken breasts (6 ounces each)
1 tablespoon thyme
1 lemon zest
2 tablespoons chives, chopped (about 6 sprigs)
 salt and pepper to taste

For the vinaigrette:

1 cup sherry vinegar
2 lemons (juiced)
1 shallot (finely minced)
1 tablespoon oregano (chopped)
1 tablespoon basil (chopped)
1 cup extra virgin olive oil
2 tablespoons honey



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	551	
Total Fat	40 g	62%
Protein	36 g	
Carbohydrates	11 g	4%
Dietary Fiber	2 g	8%
Saturated Fat	6 g	30%
Sodium	300 mg	13%

MyPlate Food Groups

Vegetables	3/4 cup
Protein Foods	4 ounces

Directions

1. Place all ingredients in a bowl except olive oil.
2. Slowly whisk olive oil into mixture until emulsified. Chill.
3. Wash lettuce.
4. Marinate chicken with herbs, lemon zest and olive oil.
5. Season with salt and pepper and grill.

Healthy Recipes from the White House to You