

Mixed Salad with Chicken

As it gets warmer, Nicole and I have been looking forward to having a salad for dinner—something light and refreshing. Feel free to select ingredients that you have on hand and substitute with what is fresh and available. If you would prefer a vegetarian version, double the garbanzo bean portion and skip the chicken, or for a pescatarian option, use grilled shrimp instead of chicken. You can use green or black unpitted olives, whatever you have in the pantry.

Prep Time: 20 Minutes

Serves: 2

Ingredients:

1 tablespoon avocado oil
10 ounces boneless chicken breast, sliced into ½-inch strips
¼ teaspoon sea salt
¼ teaspoon ground black pepper
1 teaspoon dried thyme
4 medium garlic cloves, chopped finely
1 head of Boston lettuce (or butter/bibb lettuce), chopped
1 tomato, chopped
1 orange bell pepper, chopped
1 tablespoon capers
1 medium carrot, grated
1 cup cooked garbanzo beans, rinsed and drained
4 tablespoons extra-virgin olive oil
2 tablespoons red wine vinegar
1 teaspoon Dijon mustard
8 olives
1 avocado, sliced

Directions:

Heat a sauté pan to medium-high heat, add avocado oil, then add chicken, salt, black pepper, and thyme and heat for about 5-7 minutes with an occasional stir until chicken is lightly browned and internal temperature is at least 165° F (there will be no pink in the center of the strips). Reduce heat to a simmer, stir in garlic and heat one more minute, remove from heat and set aside.

Meanwhile in a salad bowl, combine lettuce, tomato, bell pepper, capers, carrot, and garbanzo beans. In a bowl whisk olive oil, vinegar, and mustard together, then toss dressing with the salad.

Spoon the olives, avocado, and cooked chicken with garlic over the salad and serve.

Enjoy,
Steven Masley, MD