

Strawberry Kissed Spinach Pecan Salad

With Our Best-Ever Moist Chicken

Serves: **4**

Prep Time: 15 Min Cook Time: 25 Min

Salad Ingredients:

- Strawberries (fresh), 16 oz. container
- Pecans, 1 cup
- Spinach, 6 cups (or 1 bag)
- Goat Cheese, plain, 5 oz
- Chicken breasts, skinless, boneless, 2
- Olive oil, 1-2 tablespoons
- Salt, 1-2 teaspoons

Sweet Strawberry Vinaigrette

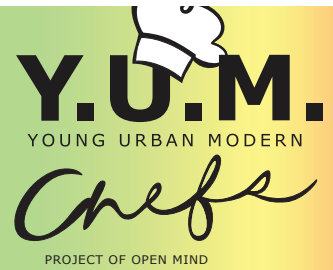
- Champagne vinegar, 2 TBS
- Agave, 3 TBS
- Strawberries, 1 cup (approximately 4 large strawberries from the 16 oz container)
- Dijon mustard, 1 tsp
- Poppy seeds, 1/2 tsp
- Salt, 1/4 tsp
- Extra Virgin Olive Oil, 1/4 cup

Prep Directions:

- 1 Take 5 minutes to get out all your ingredients, measuring and cooking equipment needed, and place them on a cookie sheet within easy reach.
- 2 Take your chicken breasts out of the refrigerator and set aside while you get your other ingredients prepped.
- 3 Make the salad dressing: measure the strawberry vinaigrette ingredients, place them in a blender and pulse until combined.
- 4 Wash and cut the remaining strawberries into any size you like (slice, quarter, etc).
- 5 Wash and dry spinach.
- 6 Crumble goat cheese and set aside.

Cook Directions:

- 1 Use our 6 step method for perfectly seared chicken breasts. Substitution note: a fast substitution would be to use the breast meat from a pre-cooked rotisserie chicken!
- 2 On both sides: dry off raw chicken breasts with paper towels, sprinkle with a pinch of salt (about 1 teaspoon each) and drizzle a small amount of olive oil onto both sides of



Tools needed:

- Large mixing bowl
- Knife for slicing
- Blender
- Saute pan
- Measuring cups and spoons
- Tongs
- Citrus juicer



Tip:

Do not dress the salad too far ahead of time – the Spinach will wilt and become an unpleasant slimy texture (Ew!).

living veggie love

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Cook Directions: *Continued*

- 3** Juice 2 lemons: about ½ cup liquid.
- 4** Get out an aluminum sauté pan and turn your flame on medium high heat (no oil in pan).
- 5** Place the chicken breast down (rounded side down) in hot pan. If you wiggle it a little when you put it in the pan, it will keep it from sticking. Do NOT touch it for 3 minutes.
- 6** Flip chicken over in pan; turn heat on low; add your liquid and place thyme branches on top of chicken; cover with lid and set timer for 12 minutes to cook on low.
- 7** When the 12-minute timer buzzes, take off the lid, remove chicken and let rest for 5-10 minutes before cutting or serving.
- 8** Layer your salad jars in the order you like, alternating the fruit, spinach, chicken, goat cheese and pecans.
- 9** Enjoy each salad jar with a few tablespoons of strawberry vinaigrette. Save the rest of the dressing for another salad night! It's so good you'll want to put it on everything.
- 10** If you are not using jars, just mix all ingredients in a bowl and drizzle with dressing just before serving.

TASTY TIP...*For A Simple Pan Sauce*

While your chicken is resting, turn the heat back up on high to reduce the leftover liquid in the pan. After it has reduced down to a thicker consistency, turn the heat on low and whisk in a tablespoon of butter and a pinch of black pepper. Check for seasoning. Enjoy over slices of your moist chicken breasts!

Liquid + Spice Options To Inspire Your Own Creative Concoctions

Juice and zest of 1-2 oranges and a pinch of curry powder

Juice and zest of 1-2 lemons and fresh rosemary

Juice and zest of 1-2 limes and a pinch of cumin powder

½ cup of white wine with some fresh thyme



Tip:

How To Cut Your

Moist Chicken

To Make It Tender

The best way to cut any meat is against its natural grain. This will help the meat melt in your mouth!