



#MakeItGAP

RECIPES

STRAWBERRY CHICKEN SALAD WITH MINT & GOAT CHEESE

YIELD: 4

INGREDIENTS:

1 lb. chicken cutlets
6 Tbsp. olive oil, *divided*
3/4 tsp. salt, *divided*
1/2 tsp. ground pepper, *divided*
3 Tbsp. white-wine vinegar
1 Tbsp. minced shallot
1 1/2 tsp. fresh mint leaves, *divided, plus more for garnish*
10 cups mixed salad greens (about 8 oz.)
2 1/2 cups strawberries, *sliced*
4 oz. sugar snap peas, *trimmed and thinly sliced*
2 oz. goat cheese, *crumbled (1/2 cup)*
1/4 cup sliced almonds, *toasted*

PREPARATION:

Preheat grill to medium-high. Brush chicken with 1 Tbsp. oil and sprinkle with 1/4 tsp. each salt and pepper. Grill, turning once, until cooked through, 2 to 3 minutes per side. When cool enough to handle, slice the chicken.

Meanwhile, whisk vinegar, shallot, honey, and the remaining 5 Tbsp. oil, 1/2 tsp. salt, and 1/4 tsp. pepper in a large bowl. Finely chop 1/4 cup mint; add to the dressing in the bowl, whisking to combine. Reserve 2 Tbsp. of the dressing.

Tear or coarsely chop the remaining 3/4 cup mint leaves; add to the bowl along with mixed greens. Toss gently to combine. Divide the salad among 4 dinner bowls. Combine the chicken and the reserved 2 Tbsp. dressing in the large bowl; stir to coat. Divide the chicken, strawberries, snap peas, goat cheese, and almonds among the 4 dinner bowls. Garnish with more mint, if desired.

Recipe adapted from www.eatingwell.com