



# Grilled Chicken Salad with Grapes and Apples

– Paula Hendricks, Nutrition Consultant



This is a delicious cool summer salad that you can take to a picnic, serve up poolside, or enjoy on a warm summer night. I usually grill the chicken the night before, let cool, and refrigerate for assembly the next day. I cook the chicken either outside on a grill or indoors using a cast iron skillet. For those of you on the VLCD, omit the fruit and replace with chopped celery, cucumber, tomatoes, or sweet red onions. This is a higher fat recipe but the fat used is of good quality. Don't worry about the fat; we typically recommend patients eat a minimum of 25 grams of fat per day. If you are concerned, reduce the amount of avocado or omit walnuts.

## Ingredients:

### For the Chicken

- 1.25 pounds boneless, skinless chicken breasts (uncooked)
- 2 tsp. Made in Napa Valley Meritage Herb rub or an Herbs de Provence seasoning
- Salt and pepper
- Juice of one lemon

### For the Salad

- 1/2 cup red grapes, cut in half
- 1 small apple, unpeeled and diced
- 1 avocado, chopped into bite-sized pieces
- 1/4 cup chopped walnuts
- 5-6 cups baby romaine lettuce or lettuce of your choice

### For the Dressing

- 4 T. olive oil
- 4 T. lemon juice (about one lemon)
- 1 T. Dijon mustard
- 1 garlic clove, minced
- 1 tsp. lemon zest, optional

## Instructions:

In a mixing bowl or dish, toss the uncooked chicken with the ingredients listed in the chicken section. Let marinate for 5-10 minutes. Grill over medium-high heat until thoroughly cooked – don't overcook or the chicken will be tough. Set aside, and let cool. In the meantime, prepare all the ingredients for the salad in a bowl except for the lettuce. Prepare the dressing. Once chicken has cooled, dice and add the chicken and salad dressing to the salad mix and toss gently.

On a large platter, spread the lettuce evenly over plate and add the chicken salad mixture atop the lettuce. Serve immediately. If you are planning to eat this dish later, keep the chicken salad, the dressing and lettuce in separate containers until ready to serve.

**Nutritional Value:** Each serving contains approximately 445 calories, 36 grams of protein, 27.5 grams of good fat, and 10.5 grams of net carbohydrates.