

Oven Roasted Chicken Salad

(from previously made Whole Chicken Oven Roasted)



PREP TIME:
10 MINUTES

COOK TIME:
0 MINUTES

TOTAL TIME:
10 MINUTES

Author: Christi Davis

Recipe type: Gluten Free / Dairy Free

Yield: 1 Serving

Ingredients:

- 2 Cups Organic Spring Mix Lettuce
- 4 oz. Organic Oven Roasted Chicken (*from Oven Roasted Whole Chicken*)
- 1 Mini Organic Cucumber - Chopped
- ½ Medium Avocado - Sliced
- ¼ Cup Walnuts - Chopped
- 1 TBSP Minced Red Onion
- 1 TBSP Organic Extra Virgin Olive Oil
- 1 TBSP Organic Balsamic Vinegar (*Used Fig Infused from Wegman's*)
- ¼ - ½ TSP Himalayan Sea Salt
- ½ TSP Garlic Powder

Instructions:

1. In salad bowl place lettuce on bottom. Add cucumber and sprinkle with red onion.
2. Add walnuts and avocado.
3. Sprinkle sea salt and garlic powder on top.
4. Drizzle olive oil and vinegar on top.
5. Toss to mix in your dressing.
6. Top with chicken.

***Try and use all organic ingredients if possible.**