

winter salad with lemon chicken

Makes 4 servings

RECIPE ADAPTED FROM: [Pinch of Yum](#)

PREP TIME: 30 minutes

COOK TIME: 20-25 minutes

FOR THE SALAD

- 1lb boneless, skinless chicken breasts or thighs
- 1 orange, peeled and cut into pieces
- 1 avocado, cut into slices
- ½ cup pomegranate arils (optional)
- 4 cups mixed salad greens
- 1 14-oz can chickpeas, rinsed and drained
- 1 shallot, thinly sliced
- handful of chopped fresh herbs like parsley or mint

FOR THE CHICKEN MARINADE

- ⅓ cup olive oil
- 2 Tbsp apple cider vinegar
- juice of ½ of a lemon
- ½ tsp salt

FOR THE DRESSING

- 3 Tbsp mayonnaise or plain Greek yogurt
- 1-2 Tbsp champagne or white wine vinegar
- 2 tsp Dijon mustard, or other grainy mustard
- salt and pepper, to taste

WHISK marinade ingredients together. Place in a bowl with the chicken, cover and refrigerate for 30 minutes (while prepping other stuff) or as long as 2 hours.

PREHEAT oven to 410°F or preheat your grill.

Whisk the dressing ingredients together in a small bowl and set aside.

REMOVE chicken from marinade. If baking the chicken, place on a parchment paper covered sheet pan. Bake for 10 minutes, flip and bake for 10 more minutes. Bake 3-5 more minutes if it's not done at this point. Chicken thighs will cook a little quicker. Chicken is done when it hits 165°F. If grilling, cook chicken over medium heat until done.

LET chicken stand for a few minutes before cutting.

TOSS all other salad ingredients, including chicken, together with the dressing.

SEASON with additional salt and pepper, to taste, and maybe a drizzle of good olive oil.

