

Summer Peach Salad with Balsamic Chicken

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SERVING SIZE: 1 SALAD, 3 OUNCES BALSAMIC GARLIC CHICKEN, 1 OUNCE DRESSING



Ingredients

- 6 cups spring mix fresh, sliced
- 3/4 cup red onions, fresh, sliced thin
- 3 tablespoons sliced blanched almonds, toasted
- 6 breasts Balsamic Garlic Chicken (recipe below), sliced 1/2 pound peaches,
- 6 ounces Honey Lime Cilantro dressing (recipe below)

1. Place 1 cup spring mix on plate or in appropriate-sized container.
2. Top with 1/8 cup red onions, 1 sliced

chicken breast, 3 fresh peach slices, 1/2 teaspoon toasted almonds and 1 ounce Honey Lime Cilantro dressing.

Balsamic Garlic Chicken

Ingredients

- 1 3/4 teaspoons balsamic vinegar
- 1/2 tablespoon garlic, fresh, chopped
- 1/8 teaspoon kosher salt
- 1/4 teaspoon ground black pepper
- 1 tablespoon + 1 teaspoon canola oil
- 6 chicken breasts (4 ounces each), boneless, skinless, raw
- 3/4 teaspoon oregano leaves, fresh, chopped
- 3/4 teaspoon thyme leaves, fresh, chopped

1. Combine vinegar, garlic, salt, pepper

and oil. Whisk until well-blended for

marinade.

2. Add chicken. Toss until evenly coated. Hold refrigerated for 1 to 2 hours to marinate. Drain and discard excess marinade.
3. Place chicken on an oven-safe pan. Sprinkle $\frac{1}{8}$ teaspoon oregano and $\frac{1}{8}$ teaspoon thyme over each breast.
4. Preheat char-broiler or grill.

5. Place chicken on a clean and well-oiled char-broiler or grill. Cook for 1 to 2 minutes on each side or until well-marked.
6. Transfer to sheet pans. Bake in a preheated 375 degree F standard oven for 5 minutes or until minimum internal temperature is at least 165 degrees F (for 15 seconds). Cool under refrigeration.

Honey Lime Cilantro Dressing

Ingredients

- $\frac{1}{8}$ cup + 1 tablespoon canola oil blend (80% canola, 20% olive)
- $\frac{1}{8}$ cup + $1\frac{1}{4}$ teaspoon unseasoned rice vinegar
- $\frac{1}{8}$ cup + $1\frac{1}{8}$ teaspoon honey
- 1 tablespoon + $\frac{3}{4}$ teaspoon Dijon mustard
- $\frac{3}{4}$ tablespoon cilantro leaves, fresh, minced
- $\frac{3}{4}$ tablespoon fresh lime juice
- $\frac{1}{4}$ teaspoon Chinese sesame seed oil
- $1\frac{1}{4}$ teaspoon red peppers, fresh, minced
- $1\frac{1}{4}$ teaspoon yellow onions, fresh, minced
- $\frac{1}{8}$ teaspoon kosher salt
- $\frac{1}{8}$ teaspoon ground black pepper

1. Whisk ingredients together until thoroughly blended.

2. Refrigerate until used.

Nutrition Facts: Calories: 270, Carbs: 15g, Protein: 21g, Fat: 15g, Sat. Fat: 1.5g, Sodium: 300mg, Fiber: 2g

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