

Portion Size: 2 Cups

Chicken, Strawberry and Fennel Salad with Almonds

Layered salad with lemon oregano chicken, fresh strawberries and shaved fennel

Yield: 6 servings

Lemon Oregano Chicken

4 tsp	Lemon Juice, Fresh
1 tsp	Dijon Mustard
1/8 tsp	Kosher Salt
Pinch	Ground Black Pepper
1 tsp	Oregano, Chopped
5 tsp	Olive Oil
1/4 tsp	Honey
1 lb	Boneless, Skinless Chicken Breast
2 tbsp	Red Quinoa, Dry

Salad

1-1/2 cup	Cooked Black Barley
3 oz	Fennel, Julienned Slice Fine
1-1/2 tsp	Balsamic Vinegar
3 cup	Strawberries, Quartered
3 cups	Baby Kale
2-1/2 cups	Romaine, Chopped
1-1/2 cup	Spinach, Baby
3/4 cup	Broccoli, Thin Sliced
3/4 cup	Cauliflower, Florets
6 tbsp	Almonds, Toasted, Chopped



Lemon Oregano Chicken: Whisk together lemon juice, Dijon, salt, black pepper, fresh oregano, olive oil, and honey. Cut chicken into about 4 oz portion sizes. Toss chicken breasts with lemon Dijon vinaigrette and marinate for 1 -4 hours. Remove chicken from marinade and pan sear both sides on a hot pan and finish in a 350 degree oven until cooked through, about 5-10 min. **Quinoa Crunch:** Only need 2 tbsp for this recipe but might as well make enough to cover your skillet. Rinse quinoa by submerging in water and then strain in a fine mesh strainer. Over medium heat, toast in a hot dry skillet for about 10 minutes, stirring often. Quinoa should be dark brown with a crunch. **Salad:** Combine quartered strawberries and shaved fennel in a bowl and marinate with balsamic vinegar. Mix together the greens and the sliced cauliflower and broccoli in a large bowl. Add the cooked black barley, and remaining ingredients. Toss with favorite dressing and serve.

Calories (kcal)

Protein (g)

Carbohydrate (g)

Total Fat (g)

Cholesterol (mg)

Sodium (mg)

Sat Fat (g)

Dietary Fiber (g)

295.3

24.4

29.5

10.9

41.6

114.8

1.5

8.5