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BLACKBERRY BALSAMIC GRILLED CHICKEN SALAD WITH CRISPY FRIED GOAT CHEESE AND AVOCADO

Ingredients:

1/2 lb Chicken Breasts

1 Avocado

1 1/2 cup Blackberry

1 large clove Garlic

6 cups Lettuce

1/4 cup Red onion

1 Large Egg

2 tsp Dijon mustard

2 tbsp Honey

1 tsp Tamari or soy sauce

2 tbsp White balsamic vinegar

1/4 cup Flour

1 Salt and pepper

2 tbsp Olive oil, extra virgin

1/4 cup Walnuts

1 cup Panko breadcrumbs

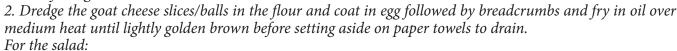
8 oz Goat cheese

Instructions

For the blackberry balsamic vinaigrette dressing:

1. Puree everything in a food processor or with a blender.

For the fried goat cheese:



- 3. Marinate the chicken in half of the vinaigrette for 30 minutes to over night before grilling over medium-high heat until cooked and slightly charred, about 2-5 minutes per side, and setting aside to cool and slice.
- 4. Assemble the salad and enjoy!

Option: Add Siriacha to taste to the dressing.

Option: Add prosciutto or crispy bacon!

Note: Best enjoyed while the fried goat cheese is still warm from frying!

Nutrition Facts: Calories 631, Fat 35g (Saturated 12g, Trans 0), Cholesterol 108mg, Sodium 633mg, Carbs 48g (Fiber 8g, Sugars 15g), Protein 31g

Pam Foster

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