

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:

2. Dredge the goat cheese slices/balls in the flour and coat in egg followed by breadcrumbs and fry in oil over medium heat until lightly golden brown before setting aside on paper towels to drain.

For the salad:

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



From FoodieFrenzy

Pam Foster

More great recipes at pamfosteronline.com.

Thank you for stopping by!