

'90s-Style Mixed Green Salad with Chicken

Active: 20 min | Total: 40 min | Serves 4

Ingredients

- 2½ Tbsp balsamic vinegar
 - 1 tsp honey
 - 1 tsp whole-grain mustard
 - 4 Tbsp olive oil, divided
 - Kosher salt and pepper
 - 4 (6-oz) boneless, skinless chicken breasts
 - 5 oz mixed baby spinach and spring greens
 - 6 oil-packed sun-dried tomatoes, patted dry and sliced ¼-inch thick (about 1/3 cup)
 - ¼ cup sliced almonds, toasted
 - 2½ oz goat cheese, crumbled
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Instructions

1. In a small bowl, whisk together the vinegar, honey, and mustard.
Transfer **1½ Tbsp** of the mixture to a separate small bowl for glazing the chicken.
To the remaining mixture, whisk in **2½ Tbsp olive oil** and **¼ tsp each salt and pepper**; set aside for dressing the salad.
 2. Heat the remaining **1½ Tbsp olive oil** in a large skillet over medium heat.
Season chicken with **½ tsp each salt and pepper**, and cook until golden brown and cooked through, 7 to 10 minutes per side.
Remove skillet from heat, add reserved glaze, and turn chicken to coat.
 3. In a large bowl, toss together greens, sun-dried tomatoes, almonds, and goat cheese.
Drizzle with reserved dressing and serve topped with sliced chicken.
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Nutrition (per serving)

464 Calories | 27.5g Fat (6g Saturated) | 146mg Cholesterol | 594mg Sodium
9g Carbs | 3g Fiber | 3.5g Sugar (1.5g Added Sugar) | 45g Protein