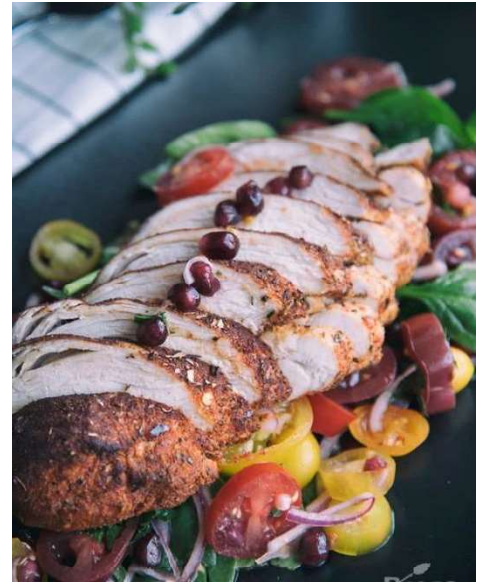


## Chili-Rubbed Chicken with Tomato and Spinach Salad

- 4-3 oz chicken breasts
- 2 tablespoons chili powder
- 1 teaspoon paprika
- 1 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/2 teaspoon dried oregano
- 1/2 teaspoon dried thyme
- 1/4 teaspoon crushed red pepper flakes
- 1/4 cup chicken stock
- Himalayan sea salt and freshly ground black pepper

### Tomato-Spinach Salad

- 8 oz. grape tomatoes, halved
- 6 cups baby spinach leaves
- 1/2 red onion, thinly sliced
- 1/4 cup extra-virgin olive oil
- 2 tablespoons balsamic vinegar
- 1 tablespoon fresh lemon juice
- 1 garlic clove, minced
- Himalayan sea salt and freshly ground black pepper



1. Preheat oven to 425 F. In a bowl, combine the chili powder, paprika, garlic powder, onion powder, dried oregano, dried thyme and red pepper flakes, then season to taste.

2. Rub the chicken with the chili powder mixture and place on a baking dish. Pour in the chicken stock at the bottom of the baking dish and place in the oven. Bake in the preheated oven for 20 minutes, or until cooked through.

3. In a bowl, combine the olive oil, balsamic vinegar, lemon juice, garlic, and season to taste.

4. Add the tomatoes, spinach and onion in a salad bowl. Drizzle the vinaigrette over the salad and toss everything gently.

5. Serve the chicken, sliced, with the tomato-spinach salad.

Makes 4 servings.

Serving Size = 3 ounces of chicken and 2 cups of salad

Enjoy with 1 cup of on plan fruit to complete the meal.

