

## **Grilled Chicken Asparagus Salad**

- 1 pound boneless chicken breast
- 4 cups baby spinach
- 1 medium cucumber, peeled and diced
- 2 large tomatoes, seeded and diced
- 1 pound asparagus

### **Lemon Basil Vinaigrette:**

- 1/2 cup apple cider vinegar
- 1/4 cup fresh lemon juice
- 3 cloves garlic, peeled chopped
- 1 small shallot, peeled and chopped
- 2 tablespoons water
- 4 ounces basil leaves, about 15 leaves
- A few drops of liquid stevia, optional
- 1 teaspoon Dijon mustard
- 1 teaspoon ground black pepper
- 1/2 teaspoon Himalayan sea salt



**To Make Basil Vinaigrette:** Add to a blender, apple cider vinegar, lemon juice, garlic, shallot, water, basil leaves, liquid stevia, Dijon vinegar, black pepper, and salt. Pulse to combine all ingredients.

**To Marinate the Chicken:** Take 4 tablespoons of the marinade and place in a plastic ziplock bag, add the chicken. Let marinate at least 30 minutes, up to overnight.

### **How To Grill Boneless Chicken:**

1. Preheat grill to 550 degrees.
2. Remove chicken from marinade and pat dry. Add to grill, reduce heat to around 400-450 degrees. Let chicken cook until temperature reaches 165 degrees. Remove chicken and let rest.

**How To Grill Asparagus:** When the chicken has about 3 minutes left to cook, add the asparagus. Let it cook about 2 minutes and they will be cooked through. Remove from grill and set aside.

### **To Make the Layered Grilled Chicken Asparagus Salad:**

1. Using a large glass bowl, begin to build the salad. Spinach, cucumbers, tomatoes, grilled asparagus, grilled chicken.
2. Serve with the basil lemon vinaigrette.

Serving Size = 3 ounces of chicken and 2 cups of vegetables with 2 teaspoons dressing