



Blackberry Balsamic Grilled Chicken Salad

Prep Time: 1-4 hours Cook Time: 10 min Yield: 4 servings

Ingredients

For the dressing:

1/2 cup blackberries
2 tbsp balsamic vinegar
2 tbsp olive oil
2 tbsp honey
2 tsp dijon mustard
1 tsp soy sauce
1 clove garlic

For the salad:

1/2 lb chicken breasts
6 cups salad mix
1 cup blackberries
1/4 cup red onion, sliced
1/4 cup walnuts, chopped
1/4 cup goat cheese, crumbled

Instructions

- Blend all dressing ingredients in a blender or food processor. Refrigerate until ready to use.
- Marinate chicken breasts in half of the dressing for 1-4 hours. Grill over medium high heat until cooked through. Set aside to rest 5 minutes before slicing into thin strips.
 - Assemble salad and serve immediately.