



Recipes

Salads

Grilled Chicken Salad

Prep Time: 25 minutes

Yield: 4 servings

Ingredients:

4 6-ounce pieces free-range chicken cutlets
2 tablespoons extra virgin olive oil
1 teaspoon dried thyme
1 teaspoon dried basil
4 cups mesclun lettuce or arugula
½ cup diced cherry tomatoes
2 tablespoons cold-pressed flaxseed oil
1 tablespoon freshly squeezed lemon juice
½ small red onion, very thinly sliced
2 tablespoons pumpkin seeds, toasted
sea salt and pepper, to taste

Directions:

1. Preheat oven to broil. Brush cutlets with olive oil and sprinkle with thyme and basil.
2. Place cutlets on wire rack and cook for twenty minutes, turning at the halfway point. Remove from oven and cool for five minutes. Cut chicken into strips and set aside
3. Combine lettuce and tomatoes in a large bowl. Pour flaxseed oil and lemon juice into a small jar and shake well. Toss with lettuce and tomatoes. Arrange with onion, pumpkin seeds, and chicken strips. Season with salt and pepper.
4. Enjoy!!