



Michelle Meyer

**Functional Nutritional
Therapy Practitioner**

Chopped Chicken Salad

Makes 2 servings

Ingredients • 1 chicken breast cut into cubes

For the marinade

- 1Tbsp olive oil
- 1 clove garlic, crushed
- 1 tsp Italian seasoning
- Salt and pepper to taste
- dash of red pepper or chilli flakes

Salad

- 1 cup of lettuce, chopped
- ½ red pepper, chopped
- ½ red onion, chopped
- ¼ cucumber sliced
- ½ avocado, sliced

For the Dressing

- 1 Tbsp olive oil
- ½ Tbsp Lemon juice
- 1 Tbsp Balsamic vinegar
- Salt and pepper to taste



Directions

1. Chop the chicken and place in a container, Mix together the marinade ingredients and cover chicken. Put a lid on the container and place in the fridge for 30 minutes.
2. While marinating, chop lettuce, red peppers, onions, avocado and cucumber.
3. Place chicken pieces, peppers and onion on a baking tray and grill for 15 minutes. Turning the chicken halfway.
4. Place lettuce into the bowls, add chicken and roasted vegetables, add cucumber and avocado.
5. In a bowl mix all dressing ingredients together and toss into salad