

PEACH BALSAMIC SALAD

Ingredients: (makes 1 servings)

- 3 oz chicken breast
- 1 teaspoon garlic powder
- 1 teaspoon sea salt
- 1 tablespoon lemon juice
- 2 tablespoons olive oil
- 1 peach
- 1/2 cup strawberries
- 1/2 cup brussel sprouts
- 1 cup spinach
- 1 cup arugula
- 1 mini cucumber
- 2 tablespoons balsamic glaze



Instructions:

1. Preheat oven to 350 degrees
2. Line or spray baking sheet with oil
3. Wash and butterfly chicken and place on pan
4. Wash and shave brussel sprouts and place on pan
5. Season chicken and brussel sprouts with lemon juice, olive oil, salt and pepper, and garlic
6. Bake for 20-30 minutes until chicken is fully cooked inside and brussel sprouts are crispy
7. Wash and chop peaches, cucumber, and strawberries
8. Let chicken and brussel sprouts slightly cool
9. Massage spinach and arugula with olive oil
10. Assemble salad, start with greens and add cucumber, peaches, strawberries, brussel sprouts
11. Cut up chicken and add
12. Drizzle balsamic glaze on top and enjoy :)

