

SPINACH & CHICKEN SALAD



INGREDIENTS: (serves 2)

- 8 oz. baby spinach in season
- 1/2 cup pomegranate seeds
- 2 chicken breasts
- 3 Tbs. apple cider vinegar
- 2 Tbs. extra-virgin olive oil
- 1 Tbs. honey
- 1 tsp. Dijon mustard
- Pinch salt and pepper to season

Spinach is available year-round, but the freshest, most tender spinach is in April! Foods in season contain the nutrients, minerals and trace elements that our bodies need at particular times of the year! The slightly bitter & metallic flavour of spinach makes it either a 'love it or hate it' food! If you're in the 'love it' camp, try our recipe and prepare to love it even more.

HOW TO MAKE IT:

- In a large bowl, whisk together the vinegar, olive oil, honey, mustard, salt and pepper to make a dressing
- Add the spinach & pomegranate seeds to the bowl and toss gently to mix and coat well
- Then Prepare the chicken by covering it with cling film or greaseproof paper and flatten with a mallet
- Cut the chicken into strips
- Heat the griddle and brush with a little olive oil add the chicken and griddle each side until cooked through (about 7-10 minutes)
- Add the grilled chicken to the salad and mix in gently
- Serve immediately

THE GREEN WARD
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