
Grilled Chicken and Kale Salad with Apricot Vinaigrette



Ingredients

Marinade

- 2 C Sprite or Lemon Line soda, not sugar free
- ½ C soy sauce
- ½ C vegetable oil
- 1 t crushed garlic or ½ t garlic powder
- 1 T lemon pepper

Salad

- 2 chicken breast halves
- 1 bunch of Kale, washed. Trim away tough stem and cut into bite size pieces
- 1 lemon, juiced
- 1 6-10 ounce bag baby spinach
- 1 pint strawberries, washed and sliced
- 1 pint blackberries or blueberries, washed
- 1 C Craisins
- 1 C cilantro
- 1 avocado, cut into chunks
- 4 ounces Feta cheese
- 1 cup pepitas (inner part of pumpkin seeds)

Dressing

- ¾ C canola oil
- 1/3 C orange juice
- ¼ C balsamic or cider vinegar
- 3 T apricot or peach jam or honey (if using honey, 2 T)
- Salt and pepper to taste

Instructions

1. Place the marinade ingredients in a zip top bag and whisk. Add chicken to the bag and place in refrigerator for at least 1-4 hours, or overnight. When ready to grill, remove chicken from the bag and discard marinade. Grill over medium heat for about 8 minutes per side. Remove from grill when cooked, let cool and slice chicken against grain. Set on plate and refrigerate until ready to serve.
2. Meanwhile, make the dressing by combining all ingredients in a blender or use an immersion blender to mix well. Refrigerate until ready to assemble salad.
3. To assemble salad, place kale in a large bowl or on a platter. Squeeze fresh lemon over kale and using hands, massage the fresh lemon juice into the kale to break down the fibers in the kale. Gently toss the spinach with the kale. Do NOT massage the spinach!
4. Transfer the kale and spinach mixture to a large platter. Arrange remaining salad ingredients on top. Drizzle with prepared dressing. Sprinkle with a little salt and pepper.
5. Serves 6 as a main dish, or 10-12 as a side dish.