



Grilled Chicken Salad w/ Blueberry Vinaigrette

Ingredients

- 2 boneless skinless chicken breast halves (6 ounces each)
- 1 tablespoon olive oil
- 1 garlic clove, minced
- 1/4 teaspoon salt
- 1/4 teaspoon pepper

VINAIGRETTE:

- 1/4 cup olive oil
- 1/4 cup blueberry preserves
- 2 tablespoons balsamic vinegar
- 2 tablespoons maple syrup
- 1/4 teaspoon ground mustard
- 1/8 teaspoon salt
- Dash pepper

SALADS:

- 1 package (10 ounces) of ready-to-serve salad greens
- 1 cup fresh blueberries
- 1/2 cup canned mandarin oranges
- 1 cup crumbled goat cheese



Directions

1. Toss chicken with oil, garlic, salt and pepper; refrigerate, covered, 30 minutes. In a small bowl, whisk together vinaigrette ingredients; refrigerate, covered, until serving.
2. Grill chicken, covered, over medium heat until a thermometer reads 165°, 5-7 minutes per side. Let stand 5 minutes before slicing.
3. Place greens on a serving plate; top with chicken, blueberries and mandarin oranges. Whisk vinaigrette again; drizzle over salad. Top with cheese.