

## RECIPE OF THE MONTH: Lemon Herb Chicken Salad

### INGREDIENTS:

#### **Marinade/Dressing:**

- 2 tablespoons olive oil
- 1/4 cup lemon juice
- 2 tablespoons water
- 2 tablespoons red wine vinegar
- 2 tablespoons fresh parsley, chopped
- 2 teaspoons dried basil
- 2 teaspoons garlic, minced
- 1 teaspoon dried oregano
- 1 teaspoon salt
- Pinch of cracked pepper
- 1 pound (500 g) skinless, boneless chicken thigh fillets (or chicken breasts)

#### **Salad:**

- 4 cups Romaine lettuce leaves, washed and dried
- 1 large cucumber, diced
- 2 Roma tomatoes, diced
- 1 red onion, sliced
- 1 avocado, sliced
- 1/3 cup pitted Kalamata olives, sliced

### INSTRUCTIONS:

**Step 1:** In a large jug, whisk together all of the marinade/dressing ingredients. Into a large bowl, pour out half of the marinade. Refrigerate the remaining marinade to use as the dressing later.

**Step 2:** Add the chicken to the marinade in the bowl; marinate chicken for 15-30 minutes. While waiting for the chicken, prepare all of the salad ingredients and mix in a large salad bowl.

**Step 3:** Once chicken is ready, on medium-high heat add 1 tablespoon of oil in a grill pan or a grill plate. Grill chicken on both sides until browned and completely cooked through.

**Step 4:** Allow chicken to rest for 5 minutes. Slice and arrange the chicken over salad. Drizzle salad with the remaining UNTOUCHED dressing.

*Aurora Newmarket*

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**Family Health Team**