



Pear & Arugula Salad with Chicken

2 servings

35 minutes

Ingredients

340 grams Chicken Breast
1/2 tsp Italian Seasoning
1/8 tsp Sea Salt
4 cups Arugula
1 Pear (chopped)
2 tbsps Red Onion (thinly sliced)
1 tbsp Walnuts (finely chopped)
3 tbsps Balsamic Vinegar

Nutrition

Amount per serving	
Calories	314
Fat	7g
Carbs	21g
Fiber	4g
Sugar	14g
Protein	40g
Cholesterol	124mg
Sodium	241mg
Vitamin A	1023IU
Vitamin C	11mg
Calcium	93mg
Iron	2mg

Directions

- 1 Preheat the oven to 400°F (204°C). Place chicken breasts in a baking dish and season with salt and Italian seasoning. Bake for about 25 minutes, or until the chicken is cooked through. Let the chicken rest for five to 10 minutes then cut it into slices.
- 2 Meanwhile, divide the arugula between plates and top with the pear, red onion, and chopped walnuts. Drizzle with the balsamic vinegar and top with the sliced chicken. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Slice the pears just before serving for best results.

Nut-Free: Omit the walnuts or use sunflower or pumpkin seeds instead.

No Chicken: Use salmon, shrimp, chickpeas, or tofu instead.

No Arugula: Use baby spinach instead.

No Pear: Use apple instead.

More Fat: Add extra virgin olive oil and mix with the balsamic vinegar.