

## Caprese Chicken Salad

### Cooking Instructions

1. Mix the balsamic vinegar with olive oil, Italian seasonings, Dijon mustard, minced garlic, salt, and pepper. Cut the lemon in half and add one tablespoon of juice to the mixture. Mix well. Add 1/3 cup of dressing to a bag or Tupperware and marinate chicken for 30 minutes to 4 hours. Save the rest of the dressing for the salad. If you like a sweeter salad dressing, you may need to add a little brown sugar.
2. Place the marinated chicken and any extra marinade in an oven-safe pan. You may need to pound the chicken to get an even thickness. Top with the chopped cherry tomatoes and mozzarella cheese. Bake until chicken is cooked through, about 20-25 minutes.
3. Prepare the spinach and lettuce, then place in a large bowl.
4. Cut or slice up the chicken and place on top of the lettuce and spinach. Add the cooked cherry tomatoes to the salad. Top with remaining dressing, fresh basil, any leftover lemon juice, and any other salad toppings you enjoy.

### Recipe

- 2-3 chicken breasts
- 1 head of romaine or iceberg lettuce, chopped
- 4 cups of spinach
- 1 package of cherry tomatoes, chopped
- 2-3 large garlic cloves, minced
- 1 lemon
- 1 tablespoon of fresh basil
- 2 cups of mozzarella, pearls if available
- 3/4 cup balsamic vinegar
- 2 teaspoons Dijon mustard
- 1 teaspoon black pepper
- 1/2 teaspoon salt
- 2 tablespoon olive oil
- 1 tablespoon Italian seasonings
- Additional salad toppings—any other toppings you'd like (e.g., avocado, croutons, etc.)

### Grocery List – Add optional ingredients as desired

#### Produce

- 1 head of romaine or iceberg lettuce
- 4 cups of spinach
- 1 bulb of garlic
- 1 package of cherry tomatoes
- 1 lemon
- 1 bunch of fresh basil

#### Meat

- 2-3 chicken breasts

#### Dairy

- Mozzarella cheese

#### Canned Goods

- Balsamic vinegar

#### Spices

- Salt
- Pepper
- Italian seasonings
- Dijon mustard
- Olive oil