

Caprese Chicken Salad

Instructions

1. Mix the balsamic vinegar with olive oil, Italian seasoning, Dijon mustard, minced garlic, salt, and pepper. Cut the lemon in half and add one tablespoon of juice to the mixture. Mix well. Add $\frac{1}{3}$ 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.

Ingredients

- 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 cloves of garlic, minced
- 1 lemon
- 1 tbsp of fresh basil
- 2 cups of mozzarella, pearls if available
- $\frac{3}{4}$ cup balsamic vinegar
- 2 tsp Dijon mustard
- 1 tsp black pepper
- $\frac{1}{2}$ tsp salt
- 2 tbsp olive oil
- 1 tbsp Italian seasonings
- Add any other additional salad toppings you'd like (e.g., avocado, croutons, etc.)

Grocery List

Produce

- Romaine or iceberg lettuce
- Spinach
- Garlic
- Cherry tomatoes
- Lemon
- Basil

Meat

- Chicken breast

Dairy

- Mozzarella cheese

Canned Goods

- Balsamic vinegar
- Dijon mustard
- Olive oil

Spices

- Salt
- Pepper
- Italian seasoning