



Salad with Green Goddess Dressing & Roasted Herbed Chicken Breast

Soft textured greens combined with smooth avocado and a creamy green goddess nutritional yeast dressing make this simple salad so appealing. The salad can be served with herbed chicken or kept vegetarian.

Cooking level: **Intermediate**

Contains: milk, tree nuts

Servings:
4

Prep time
20 minutes

Cook time:
25 minutes

Total time:
45 minutes



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What you'll need

- Mixing bowl
- Roasting pan

Ingredients

- 4 chicken breasts (about 1 lb. package)
- 2 tbsp. avocado oil
- 1 tsp. garlic powder
- 1 tsp. dried thyme
- 1 tsp. dried rosemary
- 1 tsp. finely grated lemon zest
- Black pepper
- Kosher salt

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Part 1: Roasted herbed chicken breast

Cooking steps: Chicken breasts

- 1 Preheat the oven to 425°F.
- 2 In a bowl, mix together **2 tbsp. avocado oil, 1 tsp. garlic powder, 1 tsp. dried thyme, 1 tsp. dried rosemary, and 1 tsp. lemon zest.** Top the mixture with salt and pepper to taste.
- 3 Place **4 chicken breasts** onto a nonstick roasting pan and spread the herbed oil mixture evenly between them.
- 4 Place in the oven and roast for 20-25 minutes.



Part 2: Green goddess dressing



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What you'll need

- Blender
- Container or jar

Ingredients

- Juice of 2 lemons
- ¼ cup extra virgin olive oil
- 2 tbsp. rice vinegar
- 1 tsp. onion powder
- ½ tsp. garlic powder
- 1 cup basil
- 1 cup spinach
- ⅓ cup nutritional yeast
- ¼ cup walnuts*

*Important note: Nuts may be triggering during flare-ups.

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Cooking steps: Dressing

- 1 Put all the dressing ingredients into a blender and blend until it's a thick consistency.
- 2 Pour over tender greens salad and enjoy.
- 3 Store any leftover dressing in a container or jar with a lid in the refrigerator.†

†Dressing can be stored in the refrigerator for up to one week!



Part 3: Grains and greens



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What you'll need

- Saucepan
- Large bowl

Ingredients

- $\frac{2}{3}$ cup dry quinoa*
- Two 5 oz. containers of arugula
- 1 cup cherry tomatoes†
- 1 avocado
- $\frac{3}{4}$ cup fresh peas
- $\frac{1}{2}$ cup Parmesan cheese or nondairy alternative
- $\frac{1}{3}$ cup sliced or whole jarred pepperoncinis
- Black pepper

*Important Note: Quinoa may be triggering during flare-ups.

†Leave out the tomato if tomatoes are a trigger food for you.

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Cooking steps: Grains and greens

- 1 Rinse $\frac{2}{3}$ cup uncooked quinoa well, then put it in a saucepan and submerge in $1\frac{1}{3}$ cups of water.
- 2 Bring to a boil over medium heat. Then reduce heat and cover the saucepan for 10 to 15 minutes.
- 3 Remove from heat and let it sit covered for 5 minutes or until you see the fluffy consistency and texture.
- 4 Place into the fridge and let it cool until you are ready to use it in the salad.
- 5 In a large bowl add **two 5 oz. containers arugula, 1 cup sliced cherry tomatoes, 1 diced avocado, $\frac{3}{4}$ cup peas, $\frac{1}{2}$ cup Parmesan cheese, $\frac{1}{3}$ cup sliced pepperoncinis, and quinoa.** Give it a light toss. Top with **black pepper** along with the green goddess dressing and toss again.
- 6 Serve the salad with the roasted chicken breast.



Nutritional info

Roasted Herbed Chicken Breast (1 chicken breast)

Calories	202
Total fat	10 g
Saturated fat	1 g
Cholesterol	83 mg
Sodium	52 mg
Carbohydrate	1 g
Fiber	0 g
Sugar	0 g
Protein	26 g

Green Goddess Dressing (1 serving)

Calories	192
Total fat	18 g
Saturated fat	2 g
Cholesterol	0 g
Sodium	20 mg
Carbohydrate	7 g
Fiber	3 g
Sugar	1 g
Protein	4 g



Nutritional info

Grains and Greens (1 serving)

Calories	275
Total fat	13 g
Saturated fat	3 g
Cholesterol	11 mg
Sodium	258 mg
Carbohydrate	33 g
Fiber	8 g
Sugar	5 g
Protein	12 g

Salad with Green Goddess Dressing & Roasted Herbed Chicken Breast (1 serving)

Calories	687
Total fat	41 g
Saturated fat	6 g
Cholesterol	94 g
Sodium	330 mg
Carbohydrate	41 g
Fiber	11 g
Sugar	6 g
Protein	43 g