



Spinach Salad With Grilled Pineapple, Herbed Chicken and Avocado

Prep time: 10 min | Cook time: 25 min | Serves 4

Ingredients

- 2 boneless skinless chicken breast
- 2. tsp. olive oil
- $\frac{1}{2}$ tsp. fresh rosemary (chopped)
- $\frac{1}{4}$ tsp. garlic powder
- Pinch of salt and pepper
- 1 fresh pineapple (peeled, cored and sliced in 1-inch thick rings)
- 8 c. fresh spinach
- $\frac{1}{2}$ c. fresh blueberries
- $\frac{1}{2}$ c. fresh pink blueberries
- 1 avocado, peeled, pitted and diced
- $\frac{1}{2}$ c. crumbled feta cheese
- $\frac{1}{2}$ c. dry roasted soy beans (for crunch)
- Quarter of a red onion, thinly sliced

Vinaigrette:

- $\frac{1}{2}$ c. vegetable oil
- $\frac{1}{4}$ c. olive oil
- $\frac{1}{4}$ c. apple cider vinegar
- 3 Tbsp. honey
- 2 cloves garlic
- Pinch of salt and pepper

Directions

- Brush both sides of chicken breast with olive oil and season with chopped rosemary garlic powder, salt and pepper.
- Preheat your outdoor grill to medium-high heat, place pineapple slices on grill, cook on both sides for 5 mins, and set aside to cool. Place chicken on grill, cook both sides for 10 min or until internal temp of 165 degrees. Remove from grill and cool. Once chicken and pineapple have cooled, slice chicken into strips and cut pineapple into chunks.
- In a large bowl, toss together spinach, berries, feta, red onion, roasted soy beans, pineapple and chicken until combined.

Vinaigrette:

- Whisk vegetable oil, olive oil, apple cider vinegar, honey, minced garlic, salt and pepper together until blended. Let vinaigrette sit for at least 10 min for flavors to meld. Whisk again until blended, then drizzle over salad.