



Serves 4

GRILLED VEGGIE & CHICKEN SALAD

INGREDIENTS

For the tomato vinaigrette:

- 1 cup organic diced tomatoes, blended
- 1 tablespoon white vinegar
- 2 tablespoons extra-virgin olive oil
- Dash fine Himalayan sea salt
- Dash ground black pepper
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder

For the veggies:

- 1 large zucchini
- 1 yellow squash
- 1 red pepper
- 2 cups fresh cherry tomatoes
- 1 red onion
- Any other veggies of choice
- 1 tablespoon extra-virgin olive oil
- 1 teaspoon Himalayan sea salt

For the chicken:

- 1 lb. organic chicken breasts
- 1 tablespoon extra-virgin olive oil
- 1 teaspoon dried rosemary
- 1 teaspoon Italian seasoning
- 1/4 teaspoon Himalayan sea salt

INSTRUCTIONS

- Toss chicken in extra-virgin olive oil and spices, set aside.
- Cut veggies and toss in oil and salt, set aside.
- Spray the grill and heat to 350-400°F.
- Place the chicken breasts on one side of the grill.
- On the other side of the grill, place a layer of greased tin foil and put the veggies on top.
- Cook for about 7 to 8 minutes then flip over.
- Cook veggies until desired softness, and cook chicken until fully cooked.
- Make the dressing by combining ingredients in your high-speed blender and blending until smooth.
- Taste and adjust spices as needed.
- Serve with veggies warm or hot over a bed of spinach!