

# Farm Market Recipe

---



## Mixed Green Salad with Chicken & Sour Cherry Vinaigrette

### Ingredients:

- ½ cup sour cherries, pitted and chopped
- 1 teaspoon granulated sugar
- 1 pound boneless, skinless chicken breast, trimmed
- 3½ tablespoons extra-virgin olive oil, divided
- 2 teaspoons finely chopped fresh thyme, divided
- ½ teaspoon salt, divided
- ½ teaspoon ground pepper, divided
- 2 tablespoons white balsamic vinegar
- 1 tablespoon minced shallot
- 5 ounces mixed salad greens
- ½ cup crumbled blue cheese
- ½ cup chopped walnuts, toasted (see Tip)
- ¼ cup dried sour cherries

### Directions:

1. Combine sour cherries and sugar in a large bowl; set aside.
2. Preheat grill to medium-high. Brush chicken with ½ tablespoon oil and sprinkle with 1 teaspoon thyme and ¼ teaspoon each salt and pepper. Grill, flipping once, until an instant-read thermometer inserted into the thickest part registers 165°F, about 12 minutes.
3. Meanwhile, add vinegar, shallot and the remaining 1 teaspoon thyme and ¼ teaspoon each salt and pepper to the cherries. Slowly whisk in the remaining 3 tablespoons oil. Add greens, cheese, walnuts and dried cherries; toss to coat. Slice the chicken and serve on top of the salad.

### Tip:

For the best flavor, toast nuts before using in a recipe. To toast chopped nuts, place in a small dry skillet and cook over medium-low heat, stirring constantly, until fragrant, 2 to 4 minutes.

### Nutrition Facts:

Servings: 4

Serving Size: 3 oz. chicken & 2 cups salad

Per Serving: calories 460; protein 33g; carbohydrates 15g; dietary fiber 3g; sugars 9g; total fat 30g; saturated fat 6g; cholesterol 95mg; vitamin A 1676IU; vitamin C 9mg; vitamin D 5IU; vitamin E 3mg; folate 74mcg; vitamin K 2mcg; sodium 547mg; calcium 138mg; iron 2mg; magnesium 72mg; potassium 656mg; zinc 2mg; omega 3 2g.

*Recipe from eatingwell.com*