

Foodnity Recipes

Grilled Chicken Salad with Sweet Onion Dressing

15 min Prep time	**10 min** Cook time	**25 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 1 lb chicken breast, skinless
- [ ] 4 cups mixed greens (arugula, spinach, romaine)
- [ ] 1/2 cup red onion, thinly sliced
- [ ] 1 cup cherry tomatoes, halved
- [ ] 1/4 cup sliced almonds (optional)

For the Sweet Onion Dressing

- [ ] 3 tbsp olive oil
- [ ] 2 tbsp apple cider vinegar
- [ ] 1 tbsp honey
- [ ] 1 tsp Dijon mustard
- [ ] Salt and freshly ground black pepper to taste

Instructions

1. Preheat the grill or grill pan over medium-high heat; while it warms, pat the chicken dry and drizzle with a little olive oil.
2. Season the chicken with salt and pepper, then grill for about 5-6 minutes per side until you see nice grill marks and the internal temp reaches 165°F.
3. While the chicken rests, whisk together olive oil, apple cider vinegar, honey, Dijon mustard, and a pinch of salt and pepper to create the sweet onion dressing.
4. In a large bowl, combine the mixed greens, cherry tomatoes, and sliced red onion; gently toss with half of the dressing.
5. Slice the rested chicken into thin strips, arrange over the greens, and drizzle the remaining dressing on top.
6. Finish with sliced almonds if using, and serve immediately. For more ideas, check out the chicken Caesar pasta salad.

Nutrition per serving

380 kcal	32 g	22 g	15 g
Calories	Protein	Carbs	Fat

Tips & notes

- Let the chicken rest before slicing to keep it juicy.
- Taste the dressing and adjust honey or vinegar for your preference.
- If you prefer a milder onion flavor, soak the slices in cold water for 5 minutes before adding.