

# Healthy Green Salad

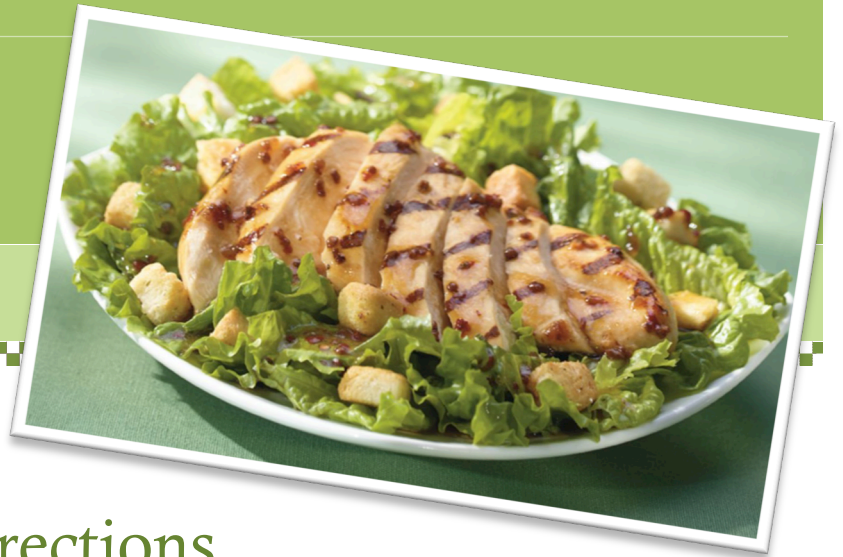
with grilled chicken, tomato,  
fresh cheese, and a herb  
vinaigrette dressing

Healthy Cooking The OPR Way

Recipe #001 • May 2016

## Ingredients

Grilled Chicken	2 Skinless Chicken Breasts 1 T. Olive Oil 1 Garlic clove mashed ½ t. Thyme 1 t. Basil Salt/Pepper to taste
Vinaigrette	3 T. Olive Oil 1 T. Vinegar (of choice) Pinch of Thyme ½ Shallot 1 t. Chopped Basil Salt/Pepper to taste
Fresh Cheese	½ gal. Whole Milk Juice of 6 Lemons
Fresh Greens	2 Sliced tomatoes 1lb bag of Spring Mix



## Directions

### Grilled Chicken

Place chicken in a 1-gallon Ziploc plastic bag with ingredients, seal, and marinate in the refrigerator for an hour (For the best taste, allow chicken to marinate over night). Using a stovetop grill attachment or a grilling pan, sear chicken on both sides to get grill marks. Then bake in the oven at 350°F until fully cooked (Core temperature of the chicken should be 165°F). Then cut into slices or chop.

### Vinaigrette

Place ingredients in a bowl and mix thoroughly.

### Fresh Cheese

Simmer the milk in a small pot to 180°F. Take off heat and stir in the lemon juice. Once the mixture curdles let cool. Strain the mixture through a sheet of cheesecloth. Squeeze out all moisture and cool in the refrigerator to 41°F.

### Final Salad

In a large mixing bowl toss spring mix greens, sliced tomatoes, crumbled cheese, and sliced or chopped chicken. Place servings of salad mix on individual plates. Drizzle vinaigrette over the top. (Makes 4 servings)