

Treasure Barrel

The Best Salad Recipe: A Complete Meal Salad

25 min Prep time	**15 min** Cook time	**40 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

For the Salad

- [ ] 2 large chicken breasts (about 1 lb total)
- [ ] 1 tbsp olive oil
- [ ] 1 tsp garlic powder
- [ ] Salt and freshly ground black pepper to taste
- [ ] 8 cups chopped romaine lettuce
- [ ] 2 cups mixed spring greens
- [ ] 1 pint cherry tomatoes, halved
- [ ] 1 large ripe avocado, sliced
- [ ] 1/2 red onion, thinly sliced
- [ ] 1/2 cup toasted sliced almonds

For the Lemon-Herb Vinaigrette

- [ ] 1/2 cup extra virgin olive oil
- [ ] 1/4 cup fresh lemon juice (from about 2 lemons)
- [ ] 1 tbsp Dijon mustard
- [ ] 1 tbsp honey (or maple syrup)
- [ ] 1 clove garlic, minced
- [ ] 1 tbsp chopped fresh parsley
- [ ] 1 tsp chopped fresh dill
- [ ] 1/2 tsp salt
- [ ] 1/4 tsp black pepper

Instructions

1. First, let's get the chicken ready. It's the warm, savory heart of our salad. Pat the chicken breasts completely dry with paper towels – this is my secret for getting a really nice, golden-brown sear. Rub them all over with olive oil, then sprinkle generously with garlic powder, salt, and pepper. Set a grill pan or a large skillet over medium-high heat. Once it’s hot, carefully place the chicken on the pan. You should hear a lovely sizzle. Let it cook undisturbed for about 6-8 minutes per side, until it's beautifully browned and cooked through. Then, move it to a cutting board and let it rest. This is so important for keeping it juicy!

2. While the chicken is resting and its delicious juices are redistributing, we can make the vinaigrette. This is the fun part. In a small bowl or a mason jar, combine the olive oil, fresh lemon juice, Dijon mustard, honey, minced garlic, fresh parsley, and dill. Add the salt and pepper. Now, whisk it all together vigorously until it becomes creamy and emulsified. Or, if you're using a jar, just screw the lid on tight and shake it like you mean it. Take a moment to taste it and see if it needs anything else—maybe a little more salt or a tiny bit more honey. Adjust it until it makes you happy.

3 Now we build our salad's foundation. In your largest, most beautiful salad bowl, combine the chopped romaine and the mixed spring greens. Add the halved cherry tomatoes and the thinly sliced red onion. It’s starting to look like a jewel box, isn’t it? I love how all the colors come together. This step is a reminder that you can create a beautiful meal with simple ingredients, much like you can with a simple stir-fry.

4 It’s time for the final assembly. Slice your rested, juicy chicken breast against the grain. Gently arrange the slices over the greens in the bowl. Tuck in the slices of creamy avocado. Sprinkle the toasted almonds all over for that essential crunch. Just before you’re ready to serve, drizzle about half of your beautiful lemon-herb vinaigrette over everything. Toss it all together gently with your hands or salad tongs. Serve immediately, with the extra dressing on the side for those who want a little more. Look at that. It's a masterpiece.

Nutrition per serving

550 kcal	40 g	20 g	35 g
Calories	Protein	Carbs	Fat

Tips & notes

- The resting time for the chicken is not optional! It allows the juices to settle back into the meat, ensuring every slice is moist and flavorful. If you cut into it too soon, all that goodness will spill out onto your cutting board.
- Please, please dry your greens thoroughly. A salad spinner is one of my most-used kitchen tools for this very reason. If you don't have one, you can gently pat the leaves dry between two clean kitchen towels. It makes a world of difference in the final texture.
- Feel free to play with the herbs in the dressing. Fresh thyme, chives, or even a little bit of basil would be lovely additions. This is your salad, so make the dressing taste exactly how you want it to. It's a simple way to put your own personal touch on the dish.