

Blueberry Chicken Chopped Salad – Recipe from Gimme Some Oven (Recipe on page 2)

Available online at <https://www.gimmesomeoven.com/blueberry-chicken-chopped-salad-recipe/>



This recipe is recommended by Lakeview Internal Medicine Physician, Tara McMichael, MD.

Dr. McMichael loves this healthy recipe because it is a fast delicious salad loaded with antioxidants and good nutrients. She found it to be a crowd pleaser for young and old and loves that it has plenty of protein and healthy nutrients.

Dr. McMichael would particularly recommend this recipe to patients who are looking for ways to incorporate protein, vegetables, and fruit into their diet.

It is also a great option for those needing anti-inflammatory dietary options.

This recipe supports:

- Diabetes & blood sugar balance
- Heart health & cholesterol
- Weight management
- Digestive health
- Inflammation
- General Health

Ingredient benefits:

1. **Blueberries** – a superfood that is rich in vitamins, minerals, fiber, and anthocyanins which are the polyphenolic pigments in foods responsible for many of the red-orange & blue-violet colors. Anthocyanins are thought to have a wide range of health benefits ranging from lowering blood pressure to reducing inflammation.
2. **Chicken** – provides high quality lean protein for heart health. Chicken is a great option for those trying to lose or manage weight or build muscle. It is also packed with B vitamins, selenium, phosphorus, and niacin.

This recipe makes 4-6 servings. Dr. McMichael recommends eating this salad or a similar variation at least once a week.

Blueberry Chicken Chopped Salad

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4.87 from 15 votes

This blueberry chicken chopped salad recipe is loaded up with a zesty mix of ingredients and tossed with a lemon vinaigrette.

Prep Time 25 mins	Cook Time 10 mins	Total Time 35 mins
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Course: Salad Cuisine: American Keyword: 4th of July, chicken, gluten free
Servings: 4 to 6 servings Author: Ali

Ingredients

Salad Ingredients:

- 1 pound boneless skinless chicken breasts
- fine sea salt and black pepper
- 1 tablespoon olive oil
- 12 ounces Romaine hearts or little gem lettuce finely chopped
- 1 pint (2 cups) fresh blueberries
- 1 cup toasted chopped pecans
- 1 small red onion finely diced
- 5 ounces crumbled feta or goat cheese

Vinaigrette Ingredients:

- 3 tablespoons olive oil
- 1 tablespoon lemon juice
- 1 teaspoon Dijon mustard
- 1 teaspoon honey
- 1/2 teaspoon fine sea salt
- 1/4 teaspoon black pepper

Instructions

1. **Cook the chicken.** Season the chicken breasts generously with salt and pepper. Heat the oil in a sauté pan over medium-high heat. Cook the chicken for 4-5 minutes per side until cooked through and no longer pink inside. Transfer the chicken to a clean cutting board and let it rest for 5 minutes, then dice into small pieces.
2. **Prepare the vinaigrette.** Meanwhile, prepare the vinaigrette by whisking all of the ingredients together in a bowl (or shaking vigorously in a sealed jar) until emulsified.
3. **Combine.** Combine the diced chicken and remaining salad ingredients in a large bowl. Drizzle with the vinaigrette and toss until evenly combined.
4. **Serve.** Serve immediately and enjoy!

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