



Strawberry Chicken Chopped Salad

Serves 2 as an Entree

4 Cups Organic Arugula, Chopped
1 Cup Savoy Cabbage, sliced thin
1/2 Cup Fresh Basil, sliced thin
1 Pint Strawberries
1/4 Cup Toasted Pecans, Chopped (any nut will do)
2 grilled chicken breasts

Gorgonzola Vinaigrette

3oz. Gorgonzola Cheese
1/4 Cup Olive Oil
1/2 Cup Cider Vinegar
2 tbsp. Finely Minced Shallot
1 tsp. Black Ground Pepper
1 tsp. Garlic Salt

1. Mash the gorgonzola cheese and shallot into the olive oil. Add the pepper, garlic salt and slowly whisk in the vinegar. You will probably have extra, save it for another use.
2. Rinse and spin the arugula and cabbage, put in a large bowl. Chop the strawberries thin, length wise, then width wise and add to bowl. Add chopped pecans and basil.
3. Rub chicken with olive oil, fresh lemon, salt and pepper, grill or cook in frying pan – about 5-7 minutes per side. Once cooked, cut into cubes.
4. Toss the salad with desired amount of vinaigrette dressing and top with cubed chicken.

Compliments of the sproutedkitchen.com