# Grilled Pineapple Chicken and Avocado Salad

## Salad Ingredients:

- 2 chicken breasts, boneless and skinless
- 2 teaspoon olive oil
- 1 fresh pineapple, peeled, cored and sliced into
  1-inch thick rings
- 8 cups baby spinach
- 1 cup fresh blueberries

# Honey Garlic Vinaigrette:

- 3/4 cup avocado oil (or any mild-flavored oil)
- 1/4 cup apple cider vinegar
- 3 tablespoon honey

### Directions

#### Salad:

- 1. Brush chicken on both sides with olive oil, season with salt and pepper.
- 2. Preheat grill to medium-high, or heat a grill pan over medium-high heat.
- 3. Place pineapple slices and chicken breasts on the grill. Cook for about 5 minutes per side or until chicken is cooked through, and no longer pink inside.
- 4. Remove pineapple, chicken and let cool for at least 10 minutes.
- 5. Slice chicken into strips
- 6. Cut pineapple into chunks.
- 7. In large bowl, mix spinach, blueberries, feta, red onion, pineapple and chicken until combined.

#### Vinaigrette:

8. Whisk avocado oil, apple cider vinegar, honey, garlic, salt, and pepper together until blended. Let sit for at least 10 minutes. Whisk again until blended, then drizzle over salad, and serve immediately

# **Nutrition Facts**

Serving Size (139g) Servings Per Container 8

#### Amount Per Serving

Calories 330	0 Calo	ries from	Fat 250
		% Da	aily Value*
Total Fat 27g			<b>42</b> %
Saturated Fat 4g			20%
Trans Fat 0g			
Cholesterol 15mg			5%
Sodium 140mg			6%
Total Carbohydrate 14g			5%
Dietary Fiber 3g			12%
Sugars 9g	]		
Protein 6g			
Vitamin A 20	%•	Vitamin (	C 20%
Calcium 4%	•	Iron 6%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: Calories: 2,000 2,500			
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber	Less than Less than ate	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4			



- 1 avocado, peeled, pitted and diced
- 1/2 cup crumbled feta cheese
- Quarter of red onion, thinly sliced
- Honey garlic vinaigrette
- Salt and pepper, to taste
- 2 garlic cloves, minced
- Pinch of salt, and black pepper