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
- 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

Honey Garlic Vinaigrette:

- 3/4 cup avocado oil (or any mild-flavored oil)
- 1/4 cup apple cider vinegar
- 3 tablespoon honey
- 2 garlic cloves, minced
- Pinch of salt, and black pepper

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	Calories from Fat 250
	% Daily Value*
Total Fat 27g	**42%**
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	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

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