



Wellnessleuth Recipes

Enjoy your day with
delicious food

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BALSAMIC CHICKEN SALAD

INGREDIENTS:

Ingredients

To make Balsamic Chicken Salad, you will need:

- *1 pound of boneless, skinless chicken breasts,*
- *½ cup of balsamic vinegar,*
- *¼ cup of extra-virgin olive oil,*
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- *2 tablespoons of honey,*
- *1 tablespoon of Dijon mustard,*
- *½ cup of crumbled feta cheese*
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- *2 cups of cherry tomatoes diced halved or quartered*
- *¼ cup diced red onion*
- 8 Cups Fresh Lettuce Spring mix*
- *1 clove of garlic*
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- *salt and pepper (to taste).*

DIRECTIONS

- *Directions*
- *To grilled or roast chicken, start by:*
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- *preheating your grill or grill pan over medium-high heat.*
- *Then, in a small bowl, whisk together the balsamic vinegar, olive oil, honey, Dijon mustard, and garlic, until blended*
- *Place the chicken in a grill pan and pour the balsamic mixture over it.*
- *Then, place the chicken on the grill or grill pan and cook for 5-7 minutes per side, or until the chicken is cooked through*
- *Once the chicken is cooked through, let it cool for a few minutes before slicing it into thin strips.*
- *To assemble the salad, place the Balsamic Chicken strips on a bed of vegetables and top with cherry tomatoes, red onions, feta cheese, and lettuce mix.*



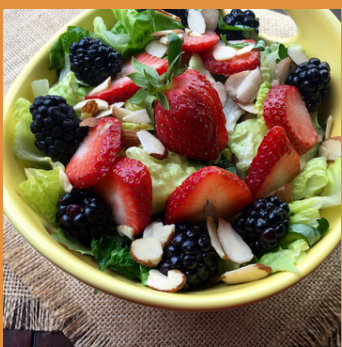
**GRILLED
POLENTA
CROSTINI**

These grilled polenta crostini are the perfect snack or light dinner. Made with just a few simple ingredients, they come together quickly and easily. You won't be disappointed. [Click here](#)



EGG ROLL BOWLS

Egg roll bowls are the perfect way to get together with friends and family. They're easy to make, and they're a great way to get everyone involved in the kitchen. Plus, they're a lot of fun to eat! [Click here](#)



**MIXED BERRY
SALAD WITH
RASPBERRY
VINAIGRETTE**

Refreshing Mixed Berry Salad with Raspberry Vinaigrette is a healthy and delicious salad that is perfect for a picnic or potluck. The salad includes a mix of fresh berries, cucumber, and red onion, tossed with a simple raspberry vinaigrette. [Click here](#)