



Creamy Dill Salad with Chicken

4 servings
30 minutes

Ingredients

1 lb Chicken Breast
Sea Salt & Black Pepper (to taste)
2 tbsps Extra Virgin Olive Oil
1 tbsp Apple Cider Vinegar
2 tbsps Water
2/3 cup Fresh Dill (chopped, divided)
1 cup Walnuts (divided)
2 heads Romaine Hearts (chopped)
1 cup Black Olives

Directions

- 1 Preheat the oven to 400°F (205°C). Place the chicken breasts on a baking sheet and season with salt and pepper. Bake in the oven for 30 minutes.
- 2 While the chicken is cooking, make your salad dressing by combining the oil, apple cider vinegar, water, 1/4 of the dill, and 1/4 of the walnuts in a blender. Blend until smooth and creamy. Add more water if necessary until desired consistency is achieved. Season with salt if needed. Set aside.
- 3 In a large bowl, combine the romaine, remaining dill, remaining walnuts, and black olives. Add the dressing and mix well until everything is coated.
- 4 Divide the salad evenly between bowls and top with chicken breasts. Serve and enjoy!

Notes

Leftovers: Best if enjoyed immediately. Refrigerate the salad ingredients and dressing separately for up to five days. Refrigerate the chicken for up to three days.

Serving Size: One serving is equal to approximately two cups of salad with chicken.

Make it Vegan: Use tofu or tempeh in place of the chicken.

More Flavor: Add garlic and honey to the dressing.

Additional Toppings: Add more vegetables like red peppers, red onion, cucumbers, tomatoes, roasted cauliflower and/or broccoli, or parsley.