

Spinach Poppy Seed Salad

Serves 4



GLUTEN FREE



DAIRY FREE



Ingredients

- 1 pound boneless skinless chicken breast, cut into bite-sized pieces
- 1 teaspoon baking soda
- 1 lemon
- 1 tablespoon canola oil
- 2 cups strawberries (summer) or 3 oranges (winter/spring)
- ¼ cup olive oil
- 1 tablespoon shallot, minced
- 2 teaspoons Dijon mustard
- 1 teaspoon poppy seeds
- Salt and pepper to taste
- 8 cups baby spinach
- ½ cup pecans

Directions

To make tender chicken:

1. Add chicken to a medium bowl, cover with ½ cup water and sprinkle with baking soda, stirring to coat the meat. Cover and refrigerate for 15-30 minutes.
2. Pour the juice of 1 lemon over the chicken and stir to coat. Let sit for 1-2 minutes. Rinse chicken very well and pat dry.
3. Heat oil over medium-high heat in a skillet. Cook chicken, stirring occasionally, until browned on most sides and cooked through.

To make dressing:

1. In a blender or food processor, combine either ¼ cup strawberries or ¼ cup orange juice and zest of 1 orange, along with olive oil, shallot, and Dijon mustard.
2. Stir in poppy seeds and salt and pepper to taste. Add up to 2 tablespoons water to thin if necessary.

To make salad:

1. Top spinach with remaining fruit, pecans, and chicken. Toss with dressing and serve.

Notes

Using chicken in this recipe is optional. Feel free to replace it with another protein source. You can also skip steps 1-2 for the chicken, or bake it instead.

Recipe from Meals to Boost Energy cooking class, Fall 2016