



Arugula Salad with Chicken and Apricots



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



238 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 8 ounces apricots pitted thinly sliced
- ☐ 4 cups baby arugula
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 tablespoon parsley fresh minced
- ☐ 2 teaspoons tarragon fresh minced
- ☐ 3 tablespoons olive oil
- ☐ 0.3 cup thinly onion red vertically sliced
- ☐ 1 Dash pepper black freshly ground

- ☐ 4 cups gourmet salad greens
- ☐ 0.5 teaspoon salt divided
- ☐ 12 ounce chicken breast halves boneless skinless
- ☐ 4 teaspoons citrus champagne vinegar

Equipment

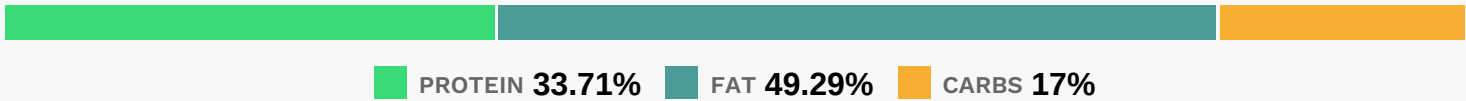
- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ plastic wrap
- ☐ grill
- ☐ meat tenderizer

Directions

- ☐ Prepare grill to medium-high heat.
- ☐ Place chicken between 2 sheets of heavy-duty plastic wrap; pound each piece to 1/2-inch thickness using a meat mallet or small heavy skillet.
- ☐ Sprinkle chicken with parsley, tarragon, 1/4 teaspoon salt, and 1/4 teaspoon pepper.
- ☐ Place chicken on grill rack coated with cooking spray; grill 4 minutes on each side or until done.
- ☐ Transfer to a plate; cool to room temperature.
- ☐ Combine oil, vinegar, remaining 1/4 teaspoon salt, and dash of pepper in a small bowl, stirring with a whisk.
- ☐ Combine arugula, greens, apricots, and onion in a large bowl.
- ☐ Pour vinaigrette over arugula mixture; toss well to coat.
- ☐ Place about 2 cups arugula mixture on each of 4 plates.
- ☐ Cut chicken breast halves crosswise into thin slices; top each serving evenly with chicken.
- ☐ Serve immediately.
- ☐ Wine note: In this salad, arugula's peppery bite is nicely balanced by fragrant herbs, sweet apricots, and grilled chicken. A great wine with a complexly flavored salad like this is pinot gris

from Oregon. It has a fresh, clean feel and a creamy, fruity flavor. Two favorites: Lemelson Tikka's Run and Chehalem, both 2007 from the Willamette Valley, and both \$ Karen MacNeil

Nutrition Facts



Properties

Glycemic Index:66.67, Glycemic Load:2.88, Inflammation Score:-9, Nutrition Score:17.610000105008%

Flavonoids

Catechin: 2.08mg, Catechin: 2.08mg, Catechin: 2.08mg, Catechin: 2.08mg Epicatechin: 2.69mg, Epicatechin: 2.69mg, Epicatechin: 2.69mg, Epicatechin: 2.69mg Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.53mg, Isorhamnetin: 1.53mg, Isorhamnetin: 1.53mg Kaempferol: 7.44mg, Kaempferol: 7.44mg, Kaempferol: 7.44mg, Kaempferol: 7.44mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 5.22mg, Quercetin: 5.22mg, Quercetin: 5.22mg, Quercetin: 5.22mg

Nutrients (% of daily need)

Calories: 238.36kcal (11.92%), Fat: 13.18g (20.28%), Saturated Fat: 2g (12.47%), Carbohydrates: 10.23g (3.41%), Net Carbohydrates: 8.41g (3.06%), Sugar: 6.22g (6.92%), Cholesterol: 54.43mg (18.14%), Sodium: 408.06mg (17.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.29g (40.57%), Vitamin B3: 9.61mg (48.06%), Vitamin K: 46.86µg (44.63%), Vitamin A: 2173.87IU (43.48%), Selenium: 27.61µg (39.45%), Vitamin B6: 0.76mg (37.78%), Vitamin C: 21.81mg (26.44%), Phosphorus: 225.86mg (22.59%), Potassium: 663.45mg (18.96%), Vitamin E: 2.28mg (15.17%), Vitamin B5: 1.51mg (15.06%), Manganese: 0.3mg (15%), Folate: 49.52µg (12.38%), Magnesium: 47.35mg (11.84%), Vitamin B2: 0.16mg (9.6%), Iron: 1.59mg (8.84%), Fiber: 1.83g (7.3%), Vitamin B1: 0.1mg (6.79%), Calcium: 65.91mg (6.59%), Copper: 0.12mg (5.93%), Zinc: 0.86mg (5.74%), Vitamin B12: 0.17µg (2.83%)