



WHATSheATE



Grilled Chicken on Greens with Creamy Harissa Dressing

 Gluten Free

READY IN



240 min.

SERVINGS



4

CALORIES



252 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 teaspoon pepper black divided freshly ground
- ☐ 1 cup carrots (1 medium carrot)
- ☐ 0.5 teaspoon ground cumin
- ☐ 1 tsp harissa (see Notes)
- ☐ 0.3 cup kalamata olives pitted quartered
- ☐ 2 teaspoons juice of lemon freshly squeezed
- ☐ 1 teaspoon lemon zest fresh shredded finely

- ☐ 1 cup yogurt plain low-fat
- ☐ 1 tablespoon mint leaves plus more for garnish chopped
- ☐ 8 cups the salad mixed loosely packed
- ☐ 1 tbsp olive oil
- ☐ 0.5 bell pepper red very thinly sliced lengthwise into strips
- ☐ 0.5 medium onion red peeled halved thinly sliced into half-moons
- ☐ 0.8 teaspoon salt divided
- ☐ 0.5 teaspoon paprika smoked (pimentón; see Notes)
- ☐ 1 pound chicken breast halves (2 halves; see Notes)

Equipment

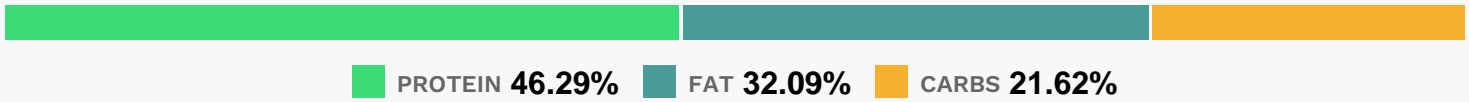
- ☐ bowl
- ☐ paper towels
- ☐ sauce pan
- ☐ whisk
- ☐ plastic wrap
- ☐ grill
- ☐ aluminum foil
- ☐ cutting board
- ☐ meat tenderizer

Directions

- ☐ Put chicken breast halves between pieces of plastic wrap and pound with a meat mallet or the back of a small, heavy saucepan until 1/4 in. thick.
- ☐ Whisk lemon zest, olive oil, 1/2 tsp. salt, 1/2 tsp. pepper, the smoked paprika, and cumin together in a small bowl. Put chicken breasts in a large, wide bowl and add marinade, rubbing all over chicken to coat. Cover and chill at least 3 hours and up to overnight. Allow chicken to come to room temperature before grilling. Meanwhile, rinse onion and dry it with paper towels.

- ☐ Prepare a gas or charcoal grill for medium heat (you can hold your hand 1 to 2 in. above cooking grate only 4 to 5 seconds).
- ☐ Lay chicken on well-oiled grate and cook, turning once, until cooked through, 6 to 8 minutes.
- ☐ Transfer chicken to a plate or cutting board, tent with foil, and let rest 5 minutes.
- ☐ Meanwhile, whisk yogurt, harissa, 1 tbsp. mint, remaining 1/4 tsp. salt and 1/4 tsp. pepper, and the lemon juice together in a small bowl. Slice chicken on the diagonal across the grain into 1/4-in.-thick strips.
- ☐ In a large bowl, toss together greens, carrot, bell pepper, onion, and olives with 1/2 cup dressing until just coated.
- ☐ Divide salad among 4 plates and top with chicken.
- ☐ Drizzle remaining dressing over salads, dividing evenly, and garnish with remaining mint.

Nutrition Facts



Properties

Glycemic Index:39.46, Glycemic Load:1.54, Inflammation Score:-10, Nutrition Score:24.648260645244%

Flavonoids

Eriodictyol: 0.51mg, Eriodictyol: 0.51mg, Eriodictyol: 0.51mg, Eriodictyol: 0.51mg Hesperetin: 0.49mg, Hesperetin: 0.49mg, Hesperetin: 0.49mg, Hesperetin: 0.49mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.9mg, Quercetin: 2.9mg, Quercetin: 2.9mg, Quercetin: 2.9mg

Nutrients (% of daily need)

Calories: 251.72kcal (12.59%), Fat: 8.99g (13.83%), Saturated Fat: 1.96g (12.26%), Carbohydrates: 13.63g (4.54%), Net Carbohydrates: 11.51g (4.19%), Sugar: 7.37g (8.18%), Cholesterol: 76.25mg (25.42%), Sodium: 804.02mg (34.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.19g (58.37%), Vitamin A: 7009.51IU (140.19%), Vitamin B3: 12.92mg (64.6%), Selenium: 38.89µg (55.55%), Vitamin C: 44.59mg (54.05%), Vitamin B6: 1.06mg (53.15%), Phosphorus: 381.38mg (38.14%), Potassium: 888.29mg (25.38%), Vitamin B5: 2.25mg (22.48%), Vitamin B2: 0.33mg (19.38%), Calcium: 156.28mg (15.63%), Magnesium: 60.01mg (15%), Folate: 58.98µg (14.74%), Manganese: 0.29mg (14.67%), Vitamin B1: 0.17mg (11.11%), Vitamin E: 1.62mg (10.82%), Zinc: 1.56mg (10.39%), Vitamin B12: 0.57µg (9.5%), Iron: 1.56mg (8.67%), Fiber: 2.12g (8.48%), Vitamin K: 8.48µg (8.07%), Copper: 0.13mg (6.34%)