



# Catholic Health Initiatives

*Imagine better health.®*

## Grilled Chicken and Nectarine Salad

*Servings: 4*

*Prep/Cook Time: 1 hour and 10 minutes*

### **Ingredients:**

#### **Dressing:**

- ¼ cup olive oil
- 4 tsp. lime zest
- 2 tbsp. lime juice
- 4 tsp. honey
- 1 tsp. Dijon mustard
- Salt and pepper, to taste

#### **Salad:**

- 1 lb. boneless, skinless chicken, cut into strips
- 2 nectarines, sliced
- 4 cups mixed greens
- 3 tbsp. toasted walnuts, chopped
- 2 ounces feta cheese, crumbled

### **Directions:**

Place all ingredients from the dressing list in a tightly sealed container, shake until completely combined. Pour half of the dressing into a large zip-top bag and add chicken, shake to coat. Refrigerate sealed bag for one hour. Using indoor or outdoor grill, cook marinated chicken over medium-high heat until cooked through, approximately 4 minutes per side. Set aside. In a large bowl mix together nectarines, mixed greens, walnuts and feta. Toss with remaining dressing, add chicken and serve.



*Light & Fresh*

*Harvest of the Month*

# *nectarines*