

# Healthy Recipe of the Week

*Use Organic ingredients whenever possible.*

## BBQ Chicken Chopped Salad

From [www.howsweeteats.com](http://www.howsweeteats.com)

1 pound boneless, skinless chicken breasts  
2 garlic cloves, minced  
1 tablespoon palm sugar (coconut sugar) or sucanat  
1 teaspoon onion powder  
1 teaspoon salt  
1 teaspoon smoked paprika  
1 teaspoon pepper  
1 1/2 cups barbecue sauce (Our favorite is Bone Suckin Sauce!)  
2 tablespoons olive oil  
1 teaspoon garlic powder  
8 scallions  
8 ounces butter lettuce, coarsely chopped  
4 ounces arugula greens, coarsely chopped  
1/3 cup torn fresh cilantro  
1 pint grape tomatoes, quartered  
4 slices nitrite-free bacon, cooked and crumbled  
1 avocado, chopped  
4 ounces white cheddar cheese, chopped into tiny chunks (raw, organic is the best)

### Honey Mustard Vinaigrette

Combine 2 Tbsp honey, 1 1/2 Tbsp Dijon mustard, 1 garlic clove (minced), 1/4 tsp salt and 1/4 tsp pepper to a bowl. Whisk to combine. Add in 1/4 cup golden balsamic vinegar and whisk again until smooth. While whisking, stream in 2/3 cup extra virgin olive oil and whisk constantly until emulsified. You can keep this in the fridge for about a week - it may separate but just shake or whisk well before using.

1. Add the chicken to a baking dish or Ziploc bag. In a small bowl, whisk together the brown sugar, onion powder, salt, paprika and pepper. Season the chicken with the spice mixture. Add the garlic cloves to the barbecue sauce and pour the sauce over top. Marinate in the fridge for at least 30 minutes (or up to overnight) before grilling.
2. Turn on your grill to high heat and let it heat up for about 20 minutes before grilling. Add the green onions to the grill. I add them whole and grill about 3 to 4 minutes per side, until charred on each side. Remove the scallions from the grill and set aside.
3. Next, grill your chicken until cooked through, about 6 to 8 minutes per side for chicken that is around one inch thick. You want an internal temperature of 165, or cut through the center and make sure there is no pink.
4. Once your vegetables and chicken have cooled, chopped them. You can discard the white ends of the scallions and chop the rest. Chop the chicken into chunks. The size of the food does not matter - as long as it all is around the same size. For the perfect chopped salad!
5. Assemble the salad in a large bowl. Mix together the butter lettuce, arugula and cilantro. Season them with a pinch of salt and pepper and toss. Add in the chicken, scallions, tomatoes, bacon, avocado and white cheddar and toss. Serve immediately with the honey mustard vinaigrette.