

# Grilled Chicken, Spinach and Mushroom Salad with Almond Butter Dressing

---

*A spinach and mushroom salad has French roots. This version with grilled chicken and avocado is topped with an Asian inspired Almond Butter Dressing from the Justin's Almond Butter Cookbook, Justin my Kitchen.*

2	chicken breasts -- boneless, skinless	2	teaspoons	tamari or soy sauce	
1	Tablespoon	olive oil	1	teaspoon	ginger root, minced
4	ounces	baby spinach leaves	1	clove	garlic clove, minced
10	medium	mushrooms, sliced	¼	cup	lemon juice
1		avocado, peeled, seeded and cubed	2	teaspoons	olive oil
			2	teaspoons	honey
					water

## Dressing

¼	cup	almond butter
2	Tablespoons	apple cider vinegar

- 1 Prep Grill and Chicken. Coat chicken breasts with olive oil, salt and pepper. Grill on medium-high heat for about 5 minutes per side. Check for doneness by pressing finger into meat. When it springs back and is no longer spongy, remove to a platter and set aside. The chicken breasts will continue to cook on the platter.
- 2 Make Dressing: Place all dressing ingredients except water into a salad dressing container or covered jar. Shake to mix together. Drizzle in water until dressing is pouring consistency.
- 3 Place clean baby spinach on a platter, top with sliced mushrooms. Just before serving top with the cubed avocado.
- 4 Slice chicken breasts and place on top of the spinach. Drizzle dressing over the salad and serve.

Servings: 4

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Inactive Time: 5 minutes

Total Time: 15 minutes

## Nutrition Facts

---

Nutrition (per serving): 294 calories, 126 calories from fat, 14.6g total fat, 68.4mg cholesterol, 278.3mg sodium, 866.9mg potassium, 11.2g carbohydrates, 4.2g fiber, 4.4g sugar, 30.9g protein.

## Source

---

Author: Patricia K. Rose. May 2017

Source: Justin's Almond Butter Cookbook

