



Grilled Chicken Salad with Kale, Black Beans, Strawberries & Jalapeño-Agave Dressing



ingredient label

Grilled chicken salad with a Tex-Mex flair. Kale is massaged in jalapeño-agave dressing, softening the leaves for easier digestion and replacing some of that bitterness with a spicy-sweet kick. The kale is tossed with a lively mix of strawberries, radish, feta cheese, toasted pepitas, and smoky, spiced black beans. Grilled chicken breasts top the salad for a healthy balance of salty, peppery, savory, and sweet.

Makes 2 servings
About 665 calories per serving



Ingredients



Grilled Chicken Salad with Kale, Black Beans, Strawberries & Jalapeño-Agave Dressing

- Organic jalapeño-agave dressing
- Organic black bean seasoning
- Organic chicken breasts
- Organic feta cheese^(d)
- Organic strawberries
- Organic black beans
- Organic green kale
- Organic pepitas
- Radishes

All ingredients organic unless labeled otherwise.
Contains dairy. d = contains dairy

Tools & Time

Be sure to wash hands & surfaces after handling raw chicken.



From Your Pantry: cooking oil (such as vegetable, safflower or canola), salt & pepper, olive oil

prep + cook time



1 Massage kale

Preheat grill pan over medium-high heat. Preheat oven to 375 degrees (see Step 5). Thinly slice kale and place in a large bowl. Add dressing and massage into kale. Allow to sit at room temperature. Wash strawberries and remove green tops. Thinly slice. Halve radishes. Thinly slice, flat-side down. Add radishes and strawberries to salad.



2 Season black beans

Open, drain, and rinse black beans. Place in a small bowl. Add black bean seasoning and a pinch of salt. Toss to coat; set aside.



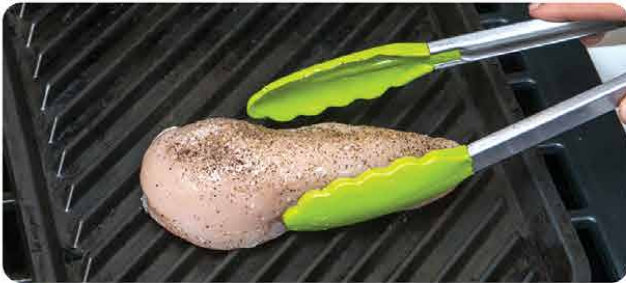
3 Toast pepitas

Place pepitas in a large, dry sauté pan. Toast over medium heat, shaking pan continuously, 2 minutes or until pepitas become fragrant. Remove from heat; add pepitas to kale.



4 Season chicken

Salt and pepper both sides of chicken. Rub with about ½ teaspoon olive oil. Place on preheated grill pan. *If you do not have a grill pan, heat about 1 tablespoon oil in a large sauté pan over medium-high heat.*



5 Cook chicken

Grill chicken on first side 3 minutes, then use tongs to flip. *If sautéing, cook 3 minutes, then flip and place in preheated oven. Cook in oven for 10-15 minutes, depending on thickness of breast. Skip to Step 7.* 🍴



6 Flip & rotate

Grill on second side 3 minutes. Flip back over to first side while rotating breast 90 degrees to create grill marks. Cook 3 more minutes. Flip and rotate once more, cooking 3 more minutes.



7 Finish chicken

Chicken is done when no longer pink in the thickest part, internal temperature reaches 165 degrees, and juices run clear. Allow to rest for a few minutes, then slice each breast into 4-5 pieces.



8 Plate your dish

Add strawberries, radishes, seasoned black beans, and feta cheese to kale; toss to coat. Taste for seasoning; add salt and pepper, if desired. Divide kale salad between plates and top each salad with a sliced chicken breast. Enjoy! You share, we give. Tag your [@greenchef](#) pics [#iamgreenchef](#) for a chance to win 1 free meal. Add [#greenchefgives](#) to show your support for Meals on Wheels America. [f](#) [t](#) [i](#)