

Trim Healthy  
W I S D O M

## Chicken Blue Salad (S)

You can go Buffalo style for the chicken in this salad if you love a traditional take on blue cheese and Buffalo flavors together, or just stick to plain grilled. Either way, this hearty salad meal is going to please. And of course, if you don't want to cook the chicken breast from scratch, you can use pre-cooked and just quickly heat it up in a small pan before placing it on the salad. If choosing to go Buffalo style, that is when you add your hot sauce to the chicken.

Single Serve Full-Meal Salad

### INGREDIENTS:

- Very large bed of leafy greens
- 1 tsp butter or coconut oil
- 4-6 oz fresh or thawed chicken breast (snipped into small pieces with scissors)
- Seasonings For Chicken: Sprinkles of [TH Mineral Salt](#), black pepper, onion and/or garlic powder, [TH Nutritional Yeast](#), and optional cayenne pepper
- favorite hot sauce (optional; to taste)
- 2 Tbs blue cheese crumbles
- 1 – 2 Tbs slivered almonds or finely diced nuts or seeds of choice
- 2 Tbs sugar-free dried cranberries (optional)
- *Faker Aged Vinegar*



### INSTRUCTIONS:

1. Place the greens in your favorite large salad bowl. Add the *Faker Aged Vinegar* and toss well.

2. Place a medium, healthy-style fry pan on medium/high heat. Add oil or butter, and once hot and ready, add the chicken pieces. While the undersides of chicken pieces are browning, season the top sides by sprinkling on your favorite seasonings to taste. Once the bottom sides are nicely browned, flip the chicken pieces and season the other side. Cook another two minutes or so, then flip pieces again, turn down the heat to medium/low, and continue until pieces are fully cooked through. Remove from heat.
3. Place the chicken pieces on salad greens. Add the blue cheese crumbles, nuts or seeds, and cranberries if using.

### Protein Nerd Notes:

The 4 – 6 ounces of chicken breast or white fish fully provide all your Protein Nerd Level 3 requirements, although feel free to pair it with *Side Protein & Fiber Chocolate Milk* to fill up further.

### Other Notes:

*(P - You can purchase sugar-free dried cranberries from Trader Joe's. They do have some glycerin added for sweetness, but I don't find it to be enough sweetness. I like adding about 1-2 tablespoons of TH Gentle Sweet to the bag and shaking well. Another option for dried sweetened cranberries is to make our niece Rashida's recipe for them from her book, Trim Healthy Future.)*