

# Summer Berry Salad & Chicken (Grain-Free/Dairy-Free)

PREP TIME: 10 MIN | COOK TIME: 15 MIN | SERVES 2-3

## INGREDIENTS

- 2 chicken breasts (3 if they are small)
- 4 cups fresh spinach (or greens of your choice)
- 1 cup fresh blueberries
- 1 cup sliced fresh strawberries
- 1/2 cup thinly sliced celery
- 1 cup chopped pecans
- 1 apple thinly sliced
- 1/2 tsp salt
- 1/4 tsp pepper

### Homemade Honey Mustard Poppyseed Dressing:

- 1/2 cup mayo
- 1 tsp dijon mustard
- 2 tsp honey
- 1 tsp poppyseeds or chia seeds
- 1 tsp lemon juice

## INSTRUCTIONS

- 1) First, let's start by making the homemade honey mustard poppyseed dressing. Simply combine all ingredients in a bowl and whisk until combined. Set aside.
- 2) Now for the chicken. Pat the chicken breasts dry. Season generously with salt and pepper on both sides.
- 3) Place in the air fryer at 390 for about 18 minutes, depending on the size of your chicken cuts. If using smaller breasts, check at the 10 minute mark.
- 4) Allow the chicken to rest for at least 5 minutes after cooking. Slice and serve on top of the salad.
- 5) While the chicken is cooking, slice, chop and prep your toppings.
- 6) To assemble the salad: lay down your bed of spinach or greens first. Then, take each category of fruit and place throughout the salad. I love the look of grouping the fruit, but you can simply sprinkle the fruit on top if you'd like.
- 7) Sprinkle on the chopped pecans, then place the sliced chicken in the middle.
- 8) Drizzle on your homemade honey mustard dressing, or reserve this step so that you and your guests can add their own preferred dressing. Viola!