

# Grilled Chicken Salad

Serves 4

## **Orange Mustard Glaze**

4 tbsp agave, honey, or maple syrup

2 tsp. dry mustard

4 drops Young Living orange oil

## **Spicy Orange Vinaigrette**

7-10 drops Orange Vitality Oil

2 tbsp agave, honey, or maple syrup

1 tsp. spicy brown mustard

¼ c. extra virgin olive oil

## **Salad**

2 chicken breasts

5 oz. package mixed baby greens

6 oz. package dried apricots, thinly sliced

6 oz. package dried cranberries

1 pint grape tomatoes

¾ c. whole almonds, roughly chopped

## **Young Living Oils Used in this Recipe:**

#5627 Orange Vitality Oil

Begin by preheating your grill. To make the glaze for the chicken mix the agave, dry mustard, and orange oil in a bowl until thoroughly mixed. Set aside.

Trim the chicken of excess fat and cut each breast into a couple pieces.

Coat the chicken in half of the glaze and place it on the grill. After cooking the chicken for around 5 min glaze the top side with more of the orange, mustard, and agave mixture. Flip the chicken and glaze the other side, allowing it to cook for another 5 min. Once it is cooked through remove it from the grill and allow it to cool before cutting into slices.

Place a handful of baby greens on the plates and distribute the place the sliced chicken on the greens, scattering apricots, cranberries, and 4-5 grape tomatoes around chicken. Chop almonds in food processor or place in plastic bag and beat with back of knife until almonds are broken into medium pieces, then add to salad. Drizzle salad with Spicy Orange Vinaigrette.