

FUNFETTI SALAD

INGREDIENTS

for the chicken -

- 1 chicken breast
- juice from 1 lemon
- 1 clove of garlic, pressed
- salt and pepper
- 1/4 cup olive oil

for the salad -

- 2 big handfuls of baby arugula or chopped kale
- 2 hard boiled eggs, chopped
- a big handful of sprouts, torn
- 3/4 cup grape tomatoes, halved
- 2 small or 1 large shallot, diced
- heaping 1/4 cup slivered almonds
- 1 avocado, peeled and sliced
- 2 slices prosciutto, crisped on a hot skillet
- 1/4 cup crumbled feta or blue cheese
- 4 radishes, sliced thin
- 2 T capers
- salt and pepper
- 1 (15 oz.) can chickpeas, drained and rinsed
- 1 T olive oil

DIRECTIONS:

1. Marinate the chicken in the juice of a lemon, garlic, salt, pepper, and 1/4 cup olive oil. Set aside for 20-30 minutes. Heat up a grill pan or skillet over medium heat and cook chicken for 5 minutes or so on each side until cooked through.
2. Meanwhile, heat a skillet nice and hot and crisp up the prosciutto. Once crispy, remove and chop. In the same skillet used for the prosciutto drizzle a tablespoon of olive oil. Reduce heat to medium and add chick peas, salt, and pepper. Cook, tossing now and then until crispy.
3. Place all of the ingredients in a large bowl. Top with spicy vinaigrette. Using your hands, toss until evenly distributed. Scrape into two bowls and serve!

Spicy Vinaigrette

INGREDIENTS:

- 2 T olive oil
- 3 T red wine or champagne vinegar
- 1 t honey
- 1/4 t sriracha
- 1 t grainy mustard
- 1 garlic clove, pressed

DIRECTIONS:

1. Place all of the ingredients in a small jar and shake the hell out of it. Set aside, until time to dress the salad.
2. Shake some more until the honey has dissolved into the goodness. Season to taste. Dress that salad!