



## Honey Mustard Glazed Chicken Salad

Time: 20 minutes total

Yield: 4 dinner-sized servings

### *For the chicken:*

- 4 fully cooked chicken breasts\*
- 6 tbsp. Dijon mustard
- 6 tbsp. honey
- 2 tbsp. agave nectar

### *For the salad:*

- 8 cups mixed greens
- about 30 cherry tomatoes
- 2 carrots, diced
- 2 red bell peppers, diced
- 1 cucumber, diced
- ½ cup shredded cheddar cheese
- 1½ cups cooked green lentils
- ¾ cup cooked barley

### *For the dressing:*

- ¾ cup extra virgin olive oil (EVOO)
- ¼ cup canola oil
- 2 tbsp. balsamic vinegar
- 2 tsp. lemon juice
- 6 tbsp. orange juice
- 2 tsp. Dijon mustard
- 1 tsp. honey



1. In a small mixing bowl, whisk together the 6 tbsp Dijon mustard, 6 tbsp honey and 2 tbsp agave nectar. Dice up the cooked chicken breast and toss in the honey mustard sauce. Transfer to a saucepan and warm over medium-low heat as you prepare the salads, stirring occasionally.
2. Toss all salad ingredients together in a large mixing bowl.
3. Whisk together all ingredients for the dressing.
4. Plate the salad onto four serving plates. Top with honey mustard glazed chicken and drizzle with dressing. Enjoy!

\*My preferred method of cooking chicken breasts for recipes such as this one is to: Bring a saucepan of water to a boil. Drop in the raw chicken breasts, and allow to boil for 15 minutes. Remove cooked chicken from the hot water using tongs and allow to cool before storing in your refrigerator for up to five days.