# Lean Grilled Chicken Power Salad

*A fresh and protein-packed salad featuring tender grilled chicken, mixed greens, and a tangy homemade vinaigrette—perfect for a light, healthy meal.*

**Servings:** 2 **Time:** 25 minutes

## Ingredients

- 8 oz boneless skinless chicken breast
- 4 cups mixed greens (spinach, arugula, romaine)
- 1/4 cup cherry tomatoes, halved
- 1/4 small cucumber, thinly sliced
- 2 tbsp extra virgin olive oil
- 1 tbsp balsamic vinegar
- 1 tsp Dijon mustard
- 1 small garlic clove, minced
- Salt and black pepper, to taste
- 1/2 tsp dried oregano
- Cooking spray

## Instructions

1. Preheat grill or stovetop grill pan over medium-high heat and spray with cooking spray.
2. Season chicken breast with salt, pepper, and dried oregano on both sides.
3. Grill chicken for 5-6 minutes per side until fully cooked and internal temperature reaches 165°F. Let rest for 5 minutes, then slice thinly.
4. In a small bowl, whisk together olive oil, balsamic vinegar, Dijon mustard, minced garlic, salt, and pepper to make vinaigrette.
5. In a large bowl, combine mixed greens, cherry tomatoes, and cucumber slices.
6. Top the salad with sliced grilled chicken and drizzle with the vinaigrette.
7. Toss gently and serve immediately.

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