

# Lectin-Free Chicken Salad

Fresh lectin-free chicken salad with tender roasted chicken, crisp vegetables, and tangy vinaigrette. Perfect for healthy lunches and meal prep!

10 min

PREP

25 min

COOK

35 min

TOTAL

4

SERVINGS

Easy

DIFFICULTY

## Ingredients

- 2 chicken meat
- 1 cup olive oil
- 1 avocado
- 1 cucumber
- 1 cup red onion
- 1 cup arugula
- 1 cup spinach
- 2 tbsp vinegar
- 1 tbsp dijon mustard
- 1 tbsp fresh lemon juice
- 1 tsp onion powder
- 1 tsp garlic powder
- 1 tsp paprika
- 1 tsp salt
- 1 tsp black pepper

## Instructions

### 1 Prepare the chicken

Preheat oven to 375°F (190°C). Pat 2 chicken breasts dry with paper towels and place on a parchment-lined baking sheet.

- 2 Combine 1 teaspoon garlic powder, 1 teaspoon onion powder, 1 teaspoon paprika, 1 teaspoon salt, and 1 teaspoon black pepper in a small bowl. Rub chicken breasts with 1 tablespoon olive oil, then coat evenly with the spice mixture.
- 3 Roast chicken for 20-25 minutes until internal temperature reaches 165°F (74°C) and juices run clear. Remove from oven and let rest for 5 minutes.
- 4 **Make the dressing**  
Whisk together 2 tablespoons olive oil, 1 tablespoon apple cider vinegar, 1 tablespoon Dijon mustard, and 1 tablespoon lemon juice in a small bowl until smooth and well combined.
- 5 **Prepare the salad base**  
Slice the rested chicken into bite-sized pieces. Place 1 cup mixed greens in a large salad bowl.
- 6 Add 1 cup diced avocado, 1 cup sliced cucumber, and 1 cup chopped red onion to the greens.
- 7 **Assemble and serve**  
Add the sliced chicken to the bowl and drizzle with the dressing. Toss gently until all ingredients are evenly coated and serve immediately.

## Tips

Season the chicken generously before cooking – the spice blend penetrates the meat during baking for maximum flavor throughout each bite.

Let cooked chicken rest for 5 minutes before slicing to retain juices and prevent the meat from becoming dry and stringy.

Cut avocado just before serving to prevent browning, or toss cut pieces with a little lemon juice to maintain color.

Make the dressing in a jar with a tight lid so you can shake it vigorously to create a proper emulsion that won't separate.

For meal prep, store dressing separately and add just before eating to prevent soggy greens and maintain crisp textures.

Use a meat thermometer to ensure chicken reaches 165°F (74°C) internal temperature for food safety without overcooking.

Toast nuts or seeds in a dry pan for 2-3 minutes to enhance their flavor and add extra crunch to the finished salad.

Massage tougher greens like kale with a pinch of salt to break down fibers and make them more tender.