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Chocolate Nibs: Chicken Strawberry Salad with Cacao Nib Dressing

Prep Time: 15 min.

Cook Time: 20 min.

Serving Size: 1/2 recipe

Recipe yields: 2 servings

Ingredients

3/4 lb. skinless, boneless chicken breast
1/2 tsp salt
4 cups salad greens, washed and torn into pieces
1-1/2 cups halved strawberries
1 cup halved cherry or grape tomatoes
1 sliced yellow or orange bell pepper
2 sliced green onion
1 oz. crumbled goat cheese

Dressing

2-1/2 tbsp extra virgin olive oil
1-1/2 tbsp red wine vinegar
1 tsp minced garlic
1/8 tsp black pepper
1/8 tsp salt
3 tbsp cacao nibs

Directions

1. Place chicken and 1/2 teaspoon salt in a large saucepan. Add enough water to completely cover chicken by at least 1 inch.
2. Bring water to a very slight simmer with just a few bubbles breaking the surface. Cook the chicken, partially covered, for 20 minutes, or until meat is cooked through and an instant-read thermometer inserted into the thickest part of the

- breast registers 165 degrees F. Adjust heat as necessary during cooking to maintain the slight simmer.
3. As the chicken cooks, skim off any foam that forms on the surface of the water.
 4. Remove chicken from pan when cool enough to handle. Slice the meat and set aside.
 5. Divide salad greens, chicken, strawberries, tomatoes, bell pepper, green onion and goat cheese among serving plates.

Dressing

1. In a bowl, whisk together olive oil, vinegar, garlic, black pepper, and 1/8 teaspoon salt. Stir in cacao nibs. Drizzle dressing over salad.