



## Chicken Pear And Parmesan Spinach Salad

### **Ingredients for salad**

Bartlett pear, sliced 1/2 pear  
Almonds, sliced 1 tbsp  
Parmesan cheese, shaved 1 tbsp  
Olive oil 1-1/2 tbsp  
Balsamic vinegar 1 tbsp  
Salt and pepper 1 pinch  
Baby spinach 4 large handfuls

### **Directions for salad**

1. In bottom of large salad bowl, add oil, vinegar, salt and pepper.
2. Mix well.
3. Pile spinach on top and add pear slices and almonds.
4. Toss when ready to serve.

### **Ingredients for chicken**

Chicken breasts, thinly cut 2  
Chili powder 1/2 tsp  
Cayenne pepper 1 pinch  
Salt and pepper 1 pinch  
Olive oil 1 tbsp

### **Directions for chicken**

1. Preheat nonstick grill pan over medium heat.
2. Mix all spices together and sprinkle over both side of chicken.
3. Drizzle oil over chicken and add to pan.
4. Cook 7-9 min on each side until done.

