

## CHOPPED CITRUS CHICKEN SALAD

### Main Courses

A bright and delicious lunch favorite.

## INGREDIENTS

### For the Dressing:

- 2 tablespoons olive oil
- 1 small shallot (thinly sliced)
- 2 tablespoons Dijon mustard
- 1 clove of garlic (grated)
- 2 tablespoons freshly squeezed orange juice
- 2 tablespoons lemon juice
- 1 tablespoon Wisconsin Ginseng powder

### For the Salad:

- 1 tablespoon coconut oil
- 2 cups chicken (shredded)
- 1/2 cup fresh squeezed orange juice
- 4 cups kale (chopped)
- 4 cups romaine (chopped)

- $\frac{3}{4}$  cup pomegranate seeds
- 1 orange (divided)
- handful chopped mint
- handful chopped tarragon
- $\frac{1}{4}$  cup toasted pine nuts

## DIRECTIONS

1. For the Dressing: Whisk all ingredients together and set aside.
2. Combine oil and chicken together in a medium skillet over medium heat. Cook until crispy. Add OJ and cook until juice is fully absorbed. Set aside.
3. In a large bowl, combine lettuce, kale, pomegranates, oranges, herbs and pine nuts.
4. Top salad mixture with chicken and salad dressing. Toss until coated. Serve immediately.