

CHERRY CHICKEN SALAD



50 STATES 50 PLATES

featuring

★ FRANKLIN BECKER ★

Paid spokesperson for Novo Nordisk.

INGREDIENTS

- ★ 2 boneless, skinless chicken breasts or bone-in, skin-on chicken breasts halves, (about 1 pound total)
- ★ 1/2 teaspoon kosher salt, divided
- ★ Freshly ground black pepper
- ★ 1 cup low-fat Greek yogurt
- ★ 2 teaspoons whole grain Dijon mustard
- ★ 1 teaspoon lemon zest (from 1 lemon) & 2 teaspoons fresh lemon juice
- ★ 1 tablespoon shallot, finely diced
- ★ 2 ribs celery, small dice, 1/2 cup
- ★ 1/4 cup celery leaves, roughly chopped, divided
- ★ 1/2 cup plus 2 tablespoons fresh cherries, pitted and quartered
- ★ 1/4 cup plus 1 tablespoon slivered almonds, toasted, divided
- ★ 1 small head butter lettuce, leaves left whole, for serving

DIRECTIONS

Preheat the oven to 400 degrees F.

Line a small baking sheet with aluminum foil. Place chicken breasts on the foil and season with 1/4 teaspoon salt and freshly ground black pepper. Roast for 35 to 40 minutes, or until the breast meat registers 160 degrees F on a meat thermometer. Once the chicken has cooled to room temperature, remove the skin and discard. Take the breast meat off the bone and cut into rough bite-sized pieces, about 1 1/2 cups. (If using boneless, skinless chicken breasts, omit these steps).

In a large bowl, combine the Greek yogurt, mustard, lemon zest and juice, shallot, and season with the remaining 1/4 teaspoon salt and a few cracks of freshly ground black pepper. Add the chicken, celery, celery leaves (reserving some for garnish), 1/2 cup cherries, and 1/4 cup almonds to the bowl, gently fold to combine. Taste for seasoning and adjust as necessary.

Line your serving bowl with a few lettuce leaves. Add one cup of the cherry chicken salad and garnish with 1 teaspoon slivered almonds, 1 teaspoon cherries, and a few celery leaves.

Serving Size and Nutritional Information:

Serves 3 (Serving Size 1 Cup = 374g)

Skin Off:

410 Calories Per Serving, **18g** Total Fat,

15g Total Carbohydrates, **48g** Protein

Skin On:

490 Calories Per Serving, **28g** Total Fat,

15g Total Carbohydrates, **46g** Protein

Estimated nutrition information is provided as a courtesy. Data gathered via a registered nutritionist. We strive to make this information as accurate as possible; however, Novo Nordisk makes no warranties regarding its accuracy.



Want more recipes? Download more delicious, type 2 diabetes-friendly recipes at MyType2Transformation.com.



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