

# HEALTHY RECIPES

from Bridget Wood, RD, LD, CDCES



## MEDITERRANEAN STYLE SALAD

### DRESSING INGREDIENTS

- ½ lemon, squeezed
- 3 parts avocado oil
- 1 part balsamic vinegar
- 1 ½ T or to taste Sir Kensington's Spicy Brown Mustard
- 6 chives, chopped
- 3 garlic cloves, chopped
- Salt and pepper to taste

### SALAD INGREDIENTS

- 3-4 oz rotisserie chicken
- ½ cup canned chickpeas, rinsed and drained
- 2 T feta cheese
- 1 cup-1 ½ cups baby Spinach
- 2 T sun-dried tomatoes
- ½ red onion, large and thinly sliced
- ½ cucumber, large and diced

### STEPS

1. Prepare the salad dressing by combining all ingredients in a jar or medium container. Shake vigorously. Refrigerate container until ready to use.
2. For the salad, combine all ingredients and drizzle dressing over salad. Enjoy immediately.