

Roasted Grape and Chicken Salad

A refreshing and satisfying main dish salad featuring juicy roasted grapes and tender chicken.



Main Dish

25 min

Total time

Easy

Difficulty

450

kcal / serving

Ingredients

- For 1 person:
- 1 boneless, skinless chicken breast
- 1 cup of seedless grapes
- 2 cups of mixed salad greens
- 1/4 cup of crumbled feta cheese
- 2 tablespoons of toasted walnuts
- 2 tablespoons of balsamic vinegar
- 2 tablespoons of olive oil
- Salt and pepper to taste

Steps

- 1 Preheat the oven to 400°F (200°C).
- 2 Season the chicken breast with salt and pepper, then grill or pan-fry until cooked through. Let it rest for a few minutes, then slice it into thin strips.
- 3 Place the grapes on a baking sheet lined with parchment paper. Drizzle with olive oil and season with salt and pepper. Roast in the preheated oven for 10-12 minutes, until they start to burst and caramelize.
- 4 In a small bowl, whisk together the balsamic vinegar and olive oil to make the dressing. Season with salt and pepper.
- 5 In a large salad bowl, combine the mixed greens, roasted grapes, sliced chicken breast, crumbled feta cheese, and toasted walnuts. Drizzle with the dressing and toss gently to coat.
- 6 Serve the salad immediately and enjoy!