



Pistachio Chicken Salad

Improves: Iron Group, Testosterone Group, Liver Enzymes Group, Inflammation Group, Platelet Group, Lipid Group, Glucose, Magnesium, Folate, Cortisol, DHEAS



Ingredient List:

- 1/4 cup pistachio nuts
- 1 tbsp olive oil
- 1/2 chicken breast
- 1 tsp garlic powder
- 1 tsp black pepper
- 3 cups baby spinach
- 1/2 cup halved cherry tomatoes
- 1/4 avocado
- 1/4 yellow pepper
- 1/2 green onion
- 1 tbsp balsamic vinaigrette

 Prep Time: 20 min
 Cook Time: 12 min

 Special Kitchen Tools:

- Frying pan

Recipe Directions and Serving Size

Finely dice the pistachio nuts and place half of them aside. Put the remaining half of the pistachio nuts on a plate and press the chicken breast into the nuts.

Heat the olive oil in a medium-sized frying pan.

Sprinkle the chicken breast with garlic powder and black pepper and saute it in the frying pan until cooked (white center or internal temperature of at least 165F).

Thinly slice the chicken and set aside to let rest. Slice the pepper and green onion.

In a small bowl, combine the spinach leaves, tomatoes, avocado, bell pepper, and green onion. Toss ingredients.

Top with the sliced chicken and finish with balsamic dressing.