



## Salad with Chicken, Roasted Walnuts, Avocado and Feta

### Ingredients

2 cups Roasted walnuts  
1 Tbsp Olive Oil  
4 Chicken breasts (boneless, skinless)  
1 Bag of prewashed lettuce  
1/2 cup Feta cheese  
1 Lg. avocado (halved & sliced)  
1/4 cup Balsamic vinegar  
1/2 cup Olive oil  
1 Tbsp Cinnamon  
1 tsp Vanilla extract

### Preparation

Roast walnuts in oven set a 400 degrees for 5-8 minutes (or until lightly browned).

Heat olive oil in large skillet.

Cook chicken on each side until browned (approximately 3 minutes per side).

Slice cooked chicken breast into 1/2 inch thick strips.

Place mixed greens in large bowl.

Add feta cheese, avocado (halved and sliced) and roasted walnuts.

In a small bowl, mix balsamic vinegar, olive oil, cinnamon and vanilla.

Add to salad and toss.

Cook chicken on each side until browned (approximately 3 minutes per side).

Top with chicken, serve and enjoy.

Chef Tips: Toasting the walnuts will enhance their nutty flavor. To toast: heat walnuts over medium heat, turning frequently. Remove from heat when walnuts begin to darken and emit a nutty aroma. You can substitute goat or blue cheese for the feta cheese.

Recipe from "Mr. Mom's Favorite Family Meals" by Dave Lilja  
[www.MrMomsCookbooks.com](http://www.MrMomsCookbooks.com)

