



# Cooking in the Kitchen at Olums

**Molly Morgan** RD, CDN, CSSD  
*Delicious Recipes  
that are Easy & Nutritious*  
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## Berry & Avocado Spinach Salad with Chicken

Serves 2

### Ingredients:

- ¼ cup white balsamic vinegar
- ½ cup extra virgin olive oil
- 2 teaspoons sugar or agave nectar
- 1 tablespoon roughly chopped fresh tarragon
- sea salt and black pepper, to taste
- 2 chicken thighs
- 6 cups loosely packed fresh spinach
- ½ cup blueberries
- 10 large strawberries, hulled and quartered
- 1 avocado, peeled, seeded and cut into chunks
- ¼ cup thinly sliced red onions
- ¼ cup feta cheese, crumbled

### Directions:

1. Preheat the oven at 350° F.
2. In a small mixing bowl, whisk the extra virgin olive oil with the balsamic vinegar, sugar, tarragon, sea salt and freshly ground black pepper in a small bowl until blended.
3. Place the chicken in a shallow bowl and cover with half of the dressing, cover and refrigerate for 30 minutes to 2 hours. Place in a baking pan and bake for 25-30 minutes, or until the chicken reaches an internal temperature of at least 165° F. Set chicken aside and slice once cooled.
4. On a serving platter layer the spinach and then top with the strawberries, blueberries, and red onion in a bowl. Drizzle with the reserved dressing and lightly toss to combine\*. Then finish with the cubed avocado, sliced chicken, and feta.

*\*Note – if preparing ahead of time, drizzle the dressing on at the time of serving.*