

Red RomaBlend® Salad with Blackberry Balsamic Chicken

Servings

6

Calories

312

Prep Time

15 minutes

Total Time

55 minutes

Skill Level

Easy

Ingredients

3 cups Mann's Red RomaBlend®

½ cup fresh blackberries

½ red onion, thinly sliced

olive oil and balsamic vinegar, to drizzle

Salt and pepper, to taste

Blackberry Balsamic Chicken (recipe below)



For the chicken:

6 small boneless, skinless chicken breasts

1 ½ cups chicken stock

¾ cup balsamic vinegar

¼ cup blackberry preserves

2 tablespoons soy sauce or tamari

Sriracha chili sauce, if desired

1 cup fresh blackberries

The Method

Preheat oven to 415°F.

Rub chicken breasts with olive oil, salt and pepper. Heat a large cast iron skillet on medium high, and brown the chicken for 5 minutes on each side until browned. Remove chicken to a plate.



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Add stock, vinegar, jam, soy sauce and squirt of sriracha to the pan. Bring to a boil and adjust seasoning with salt and pepper if necessary. Add the chicken breasts back to the pan and roast uncovered in the oven for 40-45 minutes until cooked through, turning once. Add the blackberries, stir into the sauce, and roast for 5 more minutes. Remove from the oven and let rest for 10 minutes.

To assemble the salad, add the Red RomaBlend, ½ cup blackberries and sliced red onion to a large mixing bowl. Drizzle with olive oil, balsamic vinegar and season with salt and pepper. Toss gently to combine and divide the greens onto six plates. Slice each chicken breast and place on top of the greens, along with a spoonful of the sauce and roasted berries. Serve immediately.

Nutrition Facts

Serving Size: 312g | Servings: 6

Amount Per Serving

Calories 312 | Total Fat 4g (sat 1g trans 0g) | Cholesterol 90mg | Sodium 450mg | Total Carbohydrate 22g | Dietary Fiber 3g | Sugars 16g (Includes 0g Added Sugars) | Protein 30g | Vitamin D 0% | Calcium 4% | Iron 10% | Potassium 15%