

Ingredients

Chicken

- 1 1/2 lb bone-in chicken breast
- 1 1/2 tsp salt
- 2 tsp Mrs. Dash Table Blend
- 2 tsp Mrs. Dash Garlic blend
- 1 1/2 tsp paprika
- Drizzle olive oil
- Juice of 1 lime
- Juice of one lemon

Chickpeas

- 1 can of chickpeas
- 1/2 tsp Mrs. dash garlic blend
- 1/2 tsp paprika
- Drizzle olive oil

Cooking
is
Bliss!

Corn

- 2 corn on the cob
- Drizzle olive oil

Other Ingredientss

- 3 cups of mixed greens lettuce, rinsed, chopped
- 6-8 cherry tomatoes cut in halves
- 6- 8 rings of pickled onions
- 4-5 slices of goat cheese
- 1 golden beet

Honey Mustard Garden
Chicken Salad

Honey Mustard Vinaigrette

- 3 tbsp honey
- 1/3 c olive oil
- 1/3 cup rice wine vinegar
- 1/2 tsp. salt
- 1/2 tsp black pepper
- 2 tbsp mustard

1. Season chicken with salt, Mrs. Dash Table Blend & garlic blend, paprika, olive oil, & lime. Place in a preheated oven on roast at 400. Cover with foil for the first 10 minutes then baste and finish cooking uncovered for an additional 15 minutes. Remove from the dish & allow it to cool. Thinly slice & set aside.
2. Rinse and dry chickpeas with paper towels. Cut corn off the cob. Prepare chickpeas & corn on the same baking tray but in two separate pieces of foil. Drizzle both corn & chickpeas with olive oil. Season chickpeas with Mrs. Dash's garlic blend & paprika, toss, & place in oven at 400 on the roast for 25 minutes. They should be golden & toasty.
3. Assemble salad. Place chopped salad on a plate, then arrange all other ingredients in a wedge shape to resemble slices of a pie. Add tomatoes, sliced chicken breast, roasted sweet corn, pickled onions, goat cheese, & chickpeas.
4. Mix honey, olive oil, rice wine vinegar, salt black pepper, & mustard to make the honey mustard vinaigrette. Drizzle dressing over the salad.
5. Eat & enjoy!

- 1/4 cup red onions, thinly sliced
- 1 1/2 cups vinegar
- 1/2 cup sugar

Simmer vinegar & sugar over medium heat then, add to a mason jar. Add thinly sliced onions to the jar & allow to sit for 30 minutes. (you've just made pickled onions!)

Homemade
Pickled Onions

Instructions