

GRILLED CHICKEN AND ZUCCHINI SALAD



INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Dijon Mustard	2 Tbsp.	Medium Zucchini Split In Half Lengthwise	3
White-wine Vinegar	2 Tbsp.	Salt And Freshly Ground Black Pepper	To Taste
Extra-virgin Olive Oil	¼ Cup	Basil Leaves, Shredded	12
Chicken Breasts	2	Lettuce Leaves For Garnish	



PREPARATION

- Preheat your grill to medium-high heat.
- In a small bowl, whisk together the Dijon mustard, white-wine vinegar, and olive oil until the dressing is well combined. Set it aside.
- Season the chicken breasts and zucchini halves with salt and freshly ground black pepper to taste. Ensure they are evenly coated.
- Place the chicken breasts on the preheated grill. Grill the chicken for about 6-7 minutes per side, or until it's cooked through and no longer pink in the center.
- Remove the chicken from the grill and let them rest for a few minutes.
- Then place the zucchini on the preheated grill. Grill the zucchini for approximately 3-4 minutes per side until they have grill marks and are tender.
- Remove the zucchini from the grill and let them rest for a few minutes.
- Once rested, slice the grilled chicken breasts into thin strips.
- In a large bowl, combine the grilled zucchini, sliced grilled chicken, and shredded basil leaves.
- Drizzle the prepared dressing over the salad. Toss gently to ensure everything is coated with the dressing.
- To serve, arrange lettuce leaves on individual plates or a large platter. Spoon the grilled chicken and zucchini salad on top of the lettuce.
- Enjoy!