

Warm Grilled Chicken and Blueberry Salad

From Blueberry Love by Cynthia Graubart

Makes 4 Servings

Ingredients

1 pound chicken breasts
2 teaspoons salt, plus more as needed
1 teaspoon freshly ground black pepper, plus more as needed
1 tablespoon extra-virgin olive oil
½ cup plain Greek yogurt
1 teaspoon lemon zest
1 tablespoon freshly squeezed lemon juice
1 teaspoon garlic powder
1 cup fresh blueberries
¾ cup chopped celery (about 3 stalks)
¼ red onion, finely chopped
¼ cup parsley, chopped

Instructions

1. Heat a grill pan over medium-high heat. Season the chicken with the salt and pepper. If the chicken breasts are particularly large, cut them in half horizontally before cooking. Coat the hot grill pan with the oil and sear the chicken for 5 to 6 minutes on each side or until the internal temperature reaches 165F on an instant-read thermometer. Remove to a chopping board. When cooled slightly, chop the chicken and transfer to a large bowl.
2. Stir together the yogurt, lemon zest, lemon juice, and garlic powder in a small bowl.
3. Add the blueberries, celery, onion, and yogurt mixture to the chicken and toss to coat. Season to taste with additional salt and pepper. Serve the salad in bowls, sprinkled with the parsley.

Katie's notes: I added chopped walnuts because I like that flavor and texture in this type of chicken salad. The salad is great on its own or on top of greens or sandwich bread.