



Chicken Salad with Lemon Garlic Tahini Dressing

2 servings

45 minutes

Ingredients

8 ozs Chicken Breast
 1 1/2 tsps Extra Virgin Olive Oil
 1/4 tsp Sea Salt (divided)
 2 Egg
 2 tsps Tahini
 2 tsps Water (warm)
 2 tsps Lemon Juice
 1 Garlic (clove, small, minced)
 1 1/2 tsps Nutritional Yeast
 1 head Romaine Hearts (chopped)
 1/2 Cucumber (chopped)

Directions

- 1 Preheat the oven to 400°F (204°C). Line a baking dish with parchment paper. Place the chicken breast in the prepared baking dish. Drizzle with the oil and season with half of the salt. Bake for about 25 to 30 minutes, or until the chicken is cooked through. Remove the chicken from the oven and let cool.
- 2 Meanwhile, bring a pot of salted water to a boil. Carefully place the eggs in the pot. Cover the pot with a lid and turn off the heat but keep the pot on the hot burner. Let it stand for 12 minutes and then drain the water. Place the eggs in a bowl of ice water for 10 minutes or until cool.
- 3 Whisk the tahini, water, lemon, garlic, nutritional yeast and remaining salt together in a mixing bowl.
- 4 To assemble the salad, chop the cooked chicken breast into cubes and cut the hard-boiled egg in half. Divide the lettuce and cucumber between bowls and top with the chicken and the egg. Drizzle the tahini dressing overtop and enjoy!

Notes

Leftovers, Refrigerate in an airtight container for up to three days.

Additional Toppings, Top with nutritional yeast, nuts, seeds or other chopped veggies.

Meal Prep Option, Cook the chicken breast and hard-boil the egg ahead of time.