

# Pomegranate Chicken Salad

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## Shopping List

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- Chicken Breast (1, whole)
- Olive Oil (1½ teaspoons)
- Salt & Pepper
- Pomegranate Seeds (¼ cup)
- Pecan (7, halved)
- Italian Seasoning (1½ teaspoons)
- Baby Spinach (2 cups)
- Lemon Juice (2 teaspoons)
- Avocado (½, ripe)

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Duration: 20 minutes

Servings: 1

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### Method:

In a frying pan, add olive oil, and chicken breast. Cook over medium high heat. Season both sides with sea salt, black pepper, and a hefty amount of italian seasoning.

Season spinach with olive oil, lemon juice, and sea salt and pepper. Put on a plate, and top with pomegranate seeds, diced avocado, and pecans.

When the chicken is cooked through, slice, and add to the salad.