

ULTIMATE ROASTED ITALIAN CHICKEN SALAD

WHAT YOU WILL NEED FOR SALAD

- 16 Oz. salad greens of choice
- 1 cup cherry tomatoes cut in 1/2
- 1 small onion of choice peeled and cut to slivers
- 1/2 cup pitted diced Rouses Kalamata olives
- 1 cup roasted bell peppers cut to 1/4 inch pieces
- 8 oz. Rouses marinated artichoke hearts cut finely
- 1/2 cup sundried tomatoes in oil cut finely
- 8 oz. heart of palm cut finely
- Rouses Italian Salad Dressing amount you wish
- 1/2 cup Parmiggialo Reggiano cheese grated

WHAT YOU WILL NEED FOR CHICKEN

- 1/2 cup Rouses olive oil
- 1 pack of Rouses natural boneless chicken thighs or breasts
- salt, black pepper and crushed red pepper to taste
- 1 tbsp. finely cut fresh oregano
- 1 tbsp. finely cut fresh rosemary
- 1 tbsp. finely cut fresh basil
- 1 tbsp. finely cut fresh parsley
- 1 bulb fresh garlic, peeled and cut super finely
- juice of 1 lemon

HOW TO PREP

1. In a large mixing bowl place salad greens, tomatoes, onion, olives, bell peppers, artichoke hearts, sundried tomatoes, heart of palm, cheese and salad dressing ... toss well

HOW TO PREP

1. In a medium mixing bowl, place all ingredients except the chicken, whisk together
2. Add chicken and mix together
3. Refrigerate overnight
4. Sautee, grill, or bake marinated chicken pieces until internal temp is 165 degrees. Cut to long strips and place over salad.