



# Arugula Blueberry Salad With Chicken and Spicy Sweet Pecans

Makes 2 servings

## Ingredients

2 tablespoons extra-virgin olive oil  
1 ½ teaspoons balsamic vinegar  
½ teaspoon spicy brown mustard  
1 clove garlic, minced  
⅛ teaspoon salt  
⅛ teaspoon ground cayenne pepper  
¼ teaspoon ground cinnamon  
1 tablespoon dark brown sugar  
2 ounces pecan halves  
Cooking spray  
½ teaspoon salt-free seasoning, tomato, basil, garlic  
6 ounces skinless, boneless chicken breast  
4 cups arugula  
2/3 cup blueberries

## Directions

1. Combine the first 5 ingredients in a bowl or jar that seals. Shake and place in the refrigerator until ready to serve.
2. In a small bowl combine cayenne pepper, cinnamon and brown sugar. Keep near stove.
3. Line a baking sheet with parchment paper. Heat small skillet on medium-high, then add pecan halves, stirring constantly. Cook until lightly toasted, 1 to 3 minutes. Add the spice and sugar mixture (made in step 2) and cook for another 1 to 2 minutes. Remove from heat and spread out on prepared baking sheet. Let cool completely, then roughly chop.

(directions continued on back)



## Directions (continued)

- Spray a skillet with cooking spray and heat over medium-high. Season chicken with salt-free seasoning. Add the chicken and cook for 4 to 5 minutes on each side until internal temperature is 165 F. Allow to cool slightly. Cut into ¼-inch thick slices or shred with two forks.
- Assemble the salad in a bowl: arugula, blueberries, chicken, dressing (shake well before pouring over salad) and finish with pecans. Enjoy!

♥ = heart smart

🚫 = low sodium

GF = gluten free

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## Nutrition Facts

Serving Size 2 cups arugula topped with blueberries, chicken, dressing and pecans (249g)

Servings Per Container 2

Amount Per Serving

**Calories 500**    **Calories from Fat 330**

% Daily Value\*

**Total Fat 37g**                      **57%**

    Saturated Fat 4g                **20%**

    Trans Fat 0g

**Cholesterol 60mg**                **20%**

**Sodium 210mg**                    **9%**

**Total Carbohydrate 20g**        **7%**

    Dietary Fiber 5g                **20%**

    Sugars 14g

**Protein 24g**

Vitamin A 30%    •    Vitamin C 25%

Calcium 15%    •    Iron 10%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

Recipe contains: Tree nuts

Carb choices per serving: 1 ½