

Food Therapy



Host, Lynn Ogryzlo

Join Lynn every Saturday morning at 11 am for delicious discussions on health and wellness.

Sheet Pan Chicken Salad

Buy the Family Pack of chicken breasts and save money. Cook them all, serve them hot over a bed of vegetable rice for dinner and save the rest for sandwiches and this delicious salad.

Put all of the chicken breasts on a parchment paper lined baking sheet. To the baking sheet add the vegetables you want. Perhaps a chopped red onion, a few diced red peppers, quartered mushrooms or peeled, diced beets. Make enough for 2 meals. Season well with herbs, sea salt and pepper.

Bake in a preheated 350F oven for about 45 minutes, depending on the thickness of your chicken breasts. Remove from the oven.

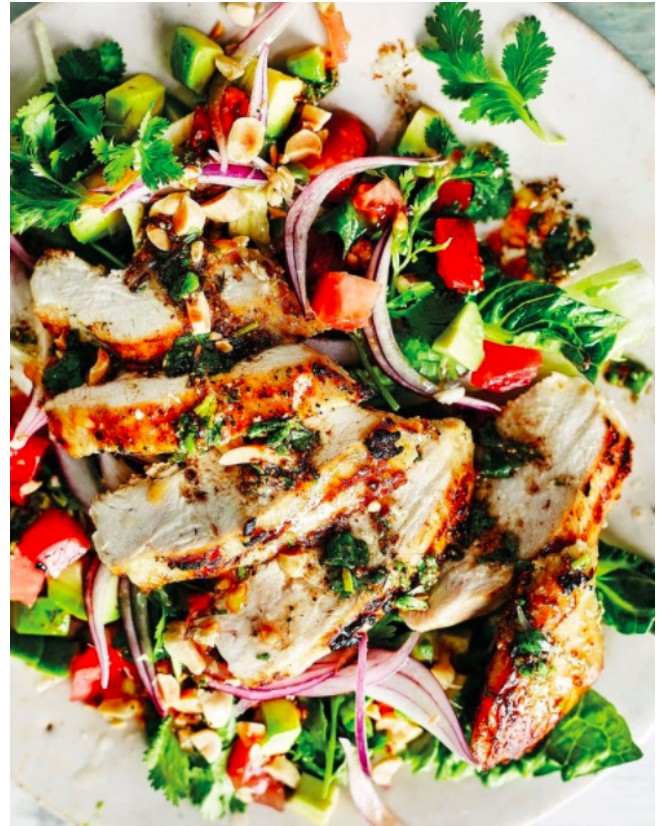
Use a few warm chicken breasts for your dinner, serving it with some of the hot vegetables over rice, or a large salad. Refrigerate the rest of the chicken breasts, and cooked vegetables in aluminium foil.

To make the chicken salad: Place the foil wrapped chicken and vegetables in a 350F oven while you make the salad. Chop romain lettuce and spread it on a large platter. On top, scatter diced cucumber, halved cherry tomatoes and diced spring onion.

Remove the slightly warmed chicken and vegetables from the oven and spread the vegetables over the salad. Slice the chicken and lay it overtop. Dice some feta cheese over top and dress.

Vinaigrette: Place 1/4 cup of extra virgin olive oil, juice of one lemon, a teaspoon of Dijon mustard (optional) and sea salt and pepper into a jar. Put the lid on tightly and shake well. Pour over the salad and enjoy.

This salad can be made as large or small as you like to accommodate the number of people you're serving. Simply adjust the quantities. You can also use chicken thighs in place of chicken breasts.



Recipe courtesy of Lynn Ogryzlo

www.lynnogryzlo.ca

Photography courtesy of www.splendidtable.org

Episode #54: Sheet Pan Cooking.

Email Lynn with questions or comments at lynnogryzlo@gmail.com

This makes at least 2 meals, 3 if you have enough chicken for sandwiches the next day - and you've only cooked once!

Because What You Put In Your Body Matters!