

Salads



[Crispy Honey Chicken Spring Salad](#) for #SundaySupper
by Bernadette at Rants From My Crazy Kitchen

Prep time 10 mins, **Cook time** 20 mins
Total time 30 mins

Get ready for Spring with this Crispy Honey Chicken Spring Salad that makes a great light dinner!

Ingredients

- 1 lb chicken breast
- ½ cup honey
- ¾ cup panko breadcrumbs
- 1 tablespoon Italian Seasoning
- ⅛ tsp black pepper
- 2 tablespoons olive oil
- 5 ounces Spring Salad Mix, washed well and dried
- 1 avocado, pitted, peeled, and diced
- 1 cup (or more) grape tomatoes
- ½ cup thinly sliced red onion
- avocado oil, for drizzling

Instructions

1. Preheat the oven to 400 degrees F. Mix together the panko breadcrumbs, Italian seasoning, and black pepper. Cut the chicken breast(s) in half length-wise, then into ½ inch strips. Coat the chicken pieces with the honey, then roll in the breadcrumbs. Place on a large baking pan and drizzle with olive oil. Bake in the preheated oven for 20 minutes, turning after 10 minutes.
2. Meanwhile, prepare the salad. Once the chicken is cooked, lightly stir the chicken into the salad. Serve on dinner plates, lightly drizzling the salad with avocado oil.

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Featured here is a spring salad from mycrazykitchen.com

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