



VEGAN CHOPPED SALAD

INGREDIENTS

FOR THE SALAD BASE:

2-4 Plant-Based Chicken Patties
2 T olive oil
2 heads butter lettuce, chopped
1 head iceberg lettuce, chopped
1 cup red onion, diced
3 ribs celery, chopped
1 cup cherry tomatoes, halved
1/3 cup pepperoncini peppers, chopped
1/3 cup sun-dried tomatoes, chopped
1/3 cup green olives, chopped
1 small English cucumber, chopped
1 can kidney beans
1 cup shredded vegan cheese
4 T sunflower seeds

FOR THE QUICK VINAIGRETTE:

1/2 cup extra virgin olive oil
3 T balsamic vinegar
3 cloves garlic, minced
1 t agave syrup
salt & pepper to taste

TIME: 28 mins (Prep Time 20 mins / Cook Time 8 mins) **SERVES:** 4-5 **TYPE:** Vegan

INSTRUCTIONS

- 1 Heat olive oil in skillet, add chicken patties. Grill for 4 minutes each side. Remove from skillet. Chop into bite-size pieces.
- 2 In a large salad bowl, combine all salad base ingredients.
- 3 In a small bowl, whisk together all vinaigrette ingredients. Taste and add salt and/or pepper until seasoned to your liking.
- 4 Assembly – Mix all base ingredients, add chicken and drizzle with vinaigrette.

QUICK TIP



Add fresh chopped herbs to your salad to give it some extra zing