

Chicken Paillard With Arugula

Prep Time 20 mins
Total Time 40 mins

Meal Type Lunch, Dinner

Contributed By



Source [Living Plate](#)

Servings 2



Ingredients

- 2 (5 oz.) chicken breasts small, skinless, boneless
- 1 1/2 cup arugula
- 1 cup grapefruits, *peeled and segmented*
- 1/2 avocado
- 1/4 cup red onion, *thinly sliced*
- 4 oz green beans, *steamed* can use any vegetable
- 1/2 cup cherry tomatoes, *halved*
- 1 1/2 Tbs champagne vinegar
- 1 1/2 tsp olive oil
- 1/2 tsp maple syrup
- 1/2 tsp Dijon mustard
- 1/8 tsp pepper
- 1/8 tsp salt

Directions

Prep

1. Peel and segment grapefruits (see "how to supreme citrus" in notes section below)
2. Cut avocado in half, remove seed, and slice.
3. Steam green beans.
4. Place chicken breasts between two pieces of plastic wrap and flatten using a meat mallet to 1/4-1/2 inch thickness (if you do not have a meat mallet, you can simply slice the chicken thin or use chicken tenderloins).
5. Make champagne vinaigrette by whisking vinegar, oil, maple syrup, mustard, sea salt, and pepper together.

Make

1. Lightly grease a large skillet or grill with oil, and then heat to medium.
2. Add chicken. If using a skillet, cook 8 minutes, turning once. If using a grill, use lid and cook for 4 minutes. Chicken should reach 165°F and no longer be pink.
3. In a bowl, toss arugula, spinach, grapefruit, avocado, onion, green beans, tomatoes with enough dressing to coat. Mound salad on plates.
4. Once cooked, arrange chicken on top of salad and drizzle with reserved Champagne Vinaigrette.

Notes

How to segment citrus: <https://www.youtube.com/watch?v=AjOEGQ18F-A>

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "~" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts

Calories 353
per serving

Amount/serving	% Daily Value*
Total Fat 15.4g	23%
Saturated Fat 2.9g	14%
Trans Fat 0.0g	
Cholesterol 113mg	37%
Sodium 313mg	13%

Vitamin D 0mcg 0% · Calcium 93mg 9% · Iron 3mg 15% · Potassium 973mg 20%

Amount/serving	% Daily Value*
Total Carbohydrates 23g	7%
Dietary Fiber 7g	26%
Total Sugars 14g	
Protein 32g	

* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.