

Grilled Chicken Power Salad with Avocado, Eggs & Blue Cheese

Grilled Chicken Power Salad with Avocado, Eggs & Blue Cheese - Fresh, Filling & Flavor-Packed



TIME

5 to 7 min

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INGREDIENTS

2 boneless, skinless chicken breasts
6 cups mixed greens or chopped romaine
2 hard-boiled eggs, peeled and halved or sliced
1 ripe avocado, sliced or diced
1/3 cup crumbled blue cheese
1 cup cherry tomatoes, halved
1/2 cucumber, sliced
1/4 small red onion, thinly sliced
1 tablespoon olive oil
Salt, to taste
Black pepper, to taste
1/2 teaspoon garlic powder
1/2 teaspoon paprika
For the dressing:
3 tablespoons olive oil
1 tablespoon red wine vinegar or lemon juice
1 teaspoon Dijon mustard
1 teaspoon honey
Salt and black pepper, to taste

DIRECTIONS

1. Season the chicken. Rub the chicken breasts with olive oil, salt, pepper, garlic powder, and paprika.
2. Grill the chicken. Cook over medium-high heat for about 5 to 7 minutes per side, depending on thickness, until fully cooked and nicely charred. Let the chicken rest for a few minutes before slicing.
3. Make the dressing. In a small bowl or jar, whisk together olive oil, red wine vinegar or lemon juice, Dijon mustard, honey, salt, and pepper until smooth.
4. Prepare the salad base. Arrange the greens in a large serving bowl or platter.
5. Add the toppings. Scatter the cherry tomatoes, cucumber, red onion, hard-boiled eggs, avocado, and blue cheese over the greens.
6. Top with chicken. Slice the grilled chicken and place it on top of the salad.
7. Dress and serve. Drizzle with dressing just before serving, or serve the dressing on the side.

SWAPS & NOTES

You can easily customize this salad based on what you have on hand.

Grilled chicken thighs work just as well as breasts if you prefer darker meat.

Goat cheese or feta can replace blue cheese if you want a milder flavor, though the blue cheese really gives this salad its bold character.

For the greens, romaine, spring mix, arugula, or spinach are all

great options.

TIPS FOR SUCCESS

The best salads are all about contrast, so make sure each component is seasoned well.

Lightly seasoning the greens and vegetables with a pinch of salt and pepper before dressing can make the whole salad taste brighter and more balanced.

Letting the grilled chicken rest before slicing is also important.

It helps keep the meat juicy and prevents all the flavorful juices from running out onto the cutting board.

More recipes: [ChefManiac.com](https://chefmaniac.com)

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