

SALAD FOR DINNER

Servings: 2-6 depending | Prep Time: 5 minutes | Ingredients: Various

Ingredients:

- mixed greens or Butter lettuce
- rotisserie chicken
- steamed baby potatoes
- 1 bag ready to eat green beans
- Trader Joe's Grilled Artichoke Hearts (use a handful)
- Trader Joes jar of roasted red peppers (use a handful)
- 1 avocado
- 3 pre-made hard boiled eggs
- 3 scallions
- 1/2 English cucumber
- lemon vinaigrette

Directions:

1. The moment you get your rotisserie chicken home, pick it all apart and throw in Tupperware. If you put the whole chicken in the fridge it becomes much harder to pull apart. And now you have shredded chicken. Waiting for you.
2. Try to have Vital Farms or other prepackaged hard boiled eggs in your fridge. Is it more money than boiling your own? Yes. Does it free up your Sundays to enjoy other activities besides cracking egg shells and dreaming of sleeping forever from rage when the peels stick to the eggs? Yes.
3. Ok, here's the anti-meal prep hacks: Buy this gadget from amazon, and throw in your potatoes and green beans for a quick steam. It takes almost no time, throw them into a stasher bag or a Ziploc, and they're all sitting there waiting for you in the fridge.
4. Compose your salad by first laying down your lettuce on a big platter - I'm partial to platters made of melamine because they're light to pick up and I don't dread washing them because of their lack of extreme heft.
5. Now, begin to compose your salad with small handfuls of all your ingredients: the shredded chicken, roasted peppers, artichoke hearts, green beans, egg, potatoes.
6. Chop up your cucumber on an extreme angle (they're better this way, truly), slice your avocado, and add to the salad.
7. We love either a homemade ranch or a lemon vinaigrette with this salad. You can make your own VERY simple lemon vinaigrette and keep in a mason jar and drizzle over the entire salad.
8. Snip your scallions over the whole shebang with scissors.
9. Serve, work on accepting compliments more gracefully.

Note: This salad is more of a suggestion of how to make a big, plated salad for dinner. Swap things if you hate them, add things if you love them. I will often change this up with a lovely olive-oil packed tuna instead of chicken. I also have been known to add Kalamata olives, red onions, cherry tomatoes, steamed broccolini, chick peas, watermelon radishes, peppers.

Note: You can use that steamer gadget for broccoli, broccolini, cauliflower, asparagus.

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