

Zucchini and Chicken Salad

recipe: Martha Stewart, with notes by [movita](#)

- 1/4 cup plus 1 tablespoon olive oil
- 1/4 cup fresh lemon juice (I used one lemon)
- coarse salt and pepper
- 1 1/4 pounds zucchini, thinly sliced (I used one large zucchini)
- 1 pound boneless, skinless chicken breast halves (I used two chicken breasts)
- 1 bunch (8 ounces) spinach, chopped (I used half a package of baby spinach, and I didn't chop it)
- 1/2 red onion, thinly sliced
- 3/4 cup chopped pecans
- 1/4 cup grated parmesan cheese
- 1/4 cup chopped fresh mint

In a large bowl, whisk together 1/4 cup of the olive oil, the lemon juice, and salt and pepper to taste. Add the zucchini and toss to coat. Let the zucchini marinate while cooking the chicken.

In a large nonstick skillet, heat the remaining 1 tablespoon olive oil over medium heat. Season the chicken with salt and pepper. Cook until golden brown on both sides, about 7 minutes per side. Remove from the skillet and slice thin.

Toss the chicken with the zucchini mixture, spinach, red onion, pecans, parmesan cheese, and mint.

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