



Elliott Evans Nutrition, LLC
Prevent and Protect
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GRILLED CHICKEN WITH CHERRIES, SHALLOTS, AND ARUGULA

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Makes 2 servings

- 1 small shallot, halved lengthwise and thinly sliced**
- 1 tsp red wine vinegar**
- 2 tablespoons extra-virgin olive oil**
- 1 lb (2 halves) boneless, skinless chicken breasts**
- 8 ounces (2 cups) sweet cherries, pitted and halved**
- 1 cup baby arugula**
- Coarse salt and freshly ground pepper**

Preparation:

- Combine shallot, vinegar, and 1 tablespoon of oil and set aside.**
- Preheat grill to medium-high. Drizzle remaining oil over chicken. Season with salt and pepper.**
- Grill chicken until cooked through, 4 to 5 minutes per side. Let stand for 5 minutes.**
- Toss shallot mixture, cherries, and arugula in a small bowl. Season with salt and pepper**
- Serve on top of chicken.**