

# Lemon Chicken Harvest Salad



PREP TIME  
20 minutes

COOK TIME  
30 minutes

READY IN  
50 minutes



SERVINGS  
4

**FOREST  
INGREDIENTS**  
Deer Hearts  
Watermelon Berry  
Leaves  
Goose Tongue  
Yellow Violets

## *Ingredients*

3 lemons  
1 garlic clove  
salt & pepper  
1 pound chicken tenders  
  
1 pound brussel sprouts  
2 Tbsp balsamic vinegar glaze  
¼ cup bacon bits  
  
½ cup avocado mayonnaise  
1 cup deer heart greens  
  
½ cup goose tongue  
handful of yellow violets

## *Steps*

- Preheat oven to 400°F.
- Zest one lemon. Slice zested lemon in half to juice. Juice one more lemon.
- Slice remaining lemon and set aside.
- Whisk together 2 Tbsp lemon juice, salt & pepper (to taste) and pressed garlic clove. Pour over chicken tenders. Marinate while preparing brussel sprouts.
- Slice brussel sprouts. Spread on baking sheet. Drizzle with balsamic vinegar glaze and sprinkle with bacon bits.
- Roast in oven for 20-25 minutes.
- Heat grill to medium-high heat. Grill chicken tenders 3-5 minutes per side, depending on thickness, until cooked through.
- Grill lemon slices to char each side.
- Cut chicken into cubes and place in a medium sized bowl.
- In food processor place grilled lemon, lemon juice, deer heart stems and avocado

## FOREST FRESH ALASKA

watermelon berry leaves

mayonnaise. Pulse until smooth and creamy. Pour mixture over chicken and mix well.

- Plate brussel sprouts and top with chicken, goose tongue, yellow violets and watermelon berry leaves.

### *Notes*

For a delicious variation of this recipe, the chicken salad makes a delicious cold filling for sandwiches made with fresh artisan bread.