

# Fody's Farmer's Market Salad with Slow Cooked Salsa Verde Chicken

MAKES 2-3 SERVINGS • PREP TIME: 10 min  
COOK TIME: 4 hours



## INGREDIENTS

5 lbs chicken breasts, skinless boneless  
½ cup Fody's Salsa Verde  
2 cups butter lettuce  
1 cup lacinato kale  
1 cup baby spinach  
1 cup fresh green beans, chopped  
½ cup microgreens  
1 watermelon radish, sliced into thin rounds  
¼ cup chickpeas, canned, drained + rinsed thoroughly  
½ cup feta cheese crumbles  
Mint leaves for garnish (optional)  
2 tbsp Fody's Shallot Infused Olive Oil  
2 tsp oregano  
1 tbsp lemon juice

## DIRECTIONS

1. Butterfly chicken breasts and place in the basin of a slow cooker, pour ½ cup of Fody's Salsa Verde on top and cook on high for 4 hours.  
  
Option: instead of slow cooking the chicken opt for pressure cooking or InstaPot.
2. When salsa verde chicken is finished cooking, shred it with a fork to use as a topping for the spring greens salad.
3. In a large mixing bowl, add lettuce, kale, baby spinach, microgreens and radish rounds and toss to combine.
4. Rinse chickpeas thoroughly and add to the mixing bowl, tossing again to combine. Then add feta cheese, tossing once more.
5. In a small mixing bowl, whisk together Fody's Shallot Infused Olive Oil, lemon juice and oregano, then pour over salad greens tossing one last time to combine all ingredients.
6. Plate salads + top with slow cooked salsa verde chicken and mint leaves for garnish.

### Key Takeaways

Microgreens provide 4 to 40 times more nutrient density than mature plants; they are rich in zinc, iron and potassium as well as vitamin A and E.