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Description

Celebrate autumn flavors year-round with this vibrant, crisp, and nutrient-packed dish. Crisp crisp apples, crunchy walnuts, creamy goat cheese, and tender grilled chicken breast come together in a symphony of sweet and savory textures. It is an ideal meal for anyone seeking a low-carb, high-protein recipe that is satisfying, fast to toss together, and loaded with fresh wholesome ingredients.

Can This Apple Harvest Salad Support Weight Loss Goals?

Yes, this salad supports weight loss goals by leveraging a high-protein, nutrient-dense profile that promotes satiety. Lean chicken breast provides high-quality protein to keep you full and preserve lean muscle mass, while high-fiber greens and apples slow digestion. By keeping the dressing low in sugar and portioning the nuts, you enjoy a nutrient-rich meal that manages hunger naturally without excess empty calories.

Does Apple Harvest Salad Fit a High-Protein Lifestyle?

This recipe fits into a high-protein lifestyle by pairing lean grilled chicken breast with protein-rich walnuts and tangy goat cheese over a bed of dark leafy greens. Balanced with targeted portions of fresh apple, it delivers a controlled net carb count while providing enough solid protein to aid muscle recovery and sustain daily energy. It offers an easy, refreshingly savory way to hit your daily protein targets without relying on heavy cooked dishes.

My Personal Experience

- Crisp and Refreshing Texture:

The crunch of fresh apples alongside toasted walnuts provides a satisfying contrast to the tender, well-seasoned chicken slices.

- Perfect Meal Prep Option:

Packing the dressing separately kept the greens crisp and fresh, making this my go-to high-protein lunch throughout a busy work week.

- Effortless Macro Balance:

Combining lean poultry with healthy fats allowed me to meet my protein goals while keeping total net carbs well within range.

Perfect For:

- Quick high-protein, low-carb weekday lunches
- Post-workout meal prep when you need fresh lean protein
- Easy meal planning for keto diet plans and low-carb lifestyles
- Light autumn dinner side or full main meal on busy evenings

Why You'll Love This Recipe:

- Packed with Protein:

Generous servings of grilled chicken breast ensure you get a full dose of high-quality protein in every single bite.

- Quick and Simple Preparation:

Requires minimal cooking time—just grill or slice pre-cooked chicken and toss the fresh ingredients together in minutes.

- Irresistible Texture Contrast:

Combines juicy fruit, crunchy toasted nuts, smooth goat cheese, and tender greens for a mouthwatering bite every time.

- Naturally Nutrient-Dense:

Loaded with vitamins, healthy fats, and fiber to support overall well-being while keeping your net carbs in check.

Common Mistakes to Avoid:

1. Dressing the Salad Too Early: Adding vinaigrette ahead of time will make the leafy greens wilt and become soggy before serving.
2. Slicing Apples Too Far in Advance: Cutting apples too early causes them to oxidize and turn brown; toss them in lemon juice if prepping ahead.
3. Using Excess High-Sugar Dressings: Store-bought dressings often contain hidden sugars that quickly drive up the carb content.
4. Overcooking the Chicken Breast: High-heat overcooking dries out the meat; cook just until the internal temperature reaches 165°F (74°C).

Required Equipment:

- Large Salad Bowl — Provides plenty of room to toss ingredients evenly without crushing delicate greens.
- Meat Thermometer — Ensures the chicken breast is cooked to safe perfection while remaining tender and juicy.
- Chef's Knife — Makes thin, precise slices of apples and chicken for ideal bite-sized portions.
- Small Mason Jar or Whisk — Blends the vinaigrette ingredients into a smooth, perfectly emulsified dressing.

Storage Instructions:

Store the salad ingredients in separate airtight glass containers in the refrigerator for up to 3 to 4 days. Keep the dressed chicken, chopped nuts, and vinaigrette separate from the greens to maintain crispness and preserve protein quality. Freezing is not recommended for fresh leafy greens or fresh apples, as it alters their crisp texture, though cooked chicken breast can be frozen separately for up to 2 months.

Recipe Details

- Preparation Time: 15 minutes
- Cooking Time: 10 minutes
- Total Time: 25 minutes
- Servings: 2 servings
- Best Season for This Recipe: Fall (Enjoyable All-Season)
- Total Calories (Per Serving): ~380 kcal (Approximate estimate)

A fresh, crunchy autumn-inspired salad packed with clean lean protein and crisp fiber.

Comes together in under 25 minutes for a quick high-protein, low-carb meal.

Features juicy grilled chicken, tart apples, toasted walnuts, and rich goat cheese.

□ Ingredients:

- 8 oz Boneless, Skinless Chicken Breast (*grilled and sliced*)
- 4 cups Mixed Baby Greens or Spinach
- 1/2 medium Honeycrisp or Granny Smith Apple (*thinly sliced; toss in a dash of lemon juice if prepping early*)
- 1/4 cup Walnuts (*chopped and lightly toasted*)
- 2 oz Crumbled Goat Cheese or Feta Cheese
- 1 tbsp Extra Virgin Olive Oil
- 1 tbsp Apple Cider Vinegar
- 1 tsp Dijon Mustard
- Salt and Black Pepper to taste

Directions:

1. Cook the High-Protein Base: Heat a non-stick skillet over medium-high heat. Season the chicken breast with salt and pepper, then sear for 5-6 minutes per side until golden brown and the internal temperature reaches 165°F (74°C). Rest for 5 minutes, then slice thinly.
2. Whisk the Vinaigrette: In a small bowl or jar, combine extra virgin olive oil, apple cider

vinegar, Dijon mustard, a pinch of salt, and pepper. Whisk vigorously until the dressing becomes smooth and emulsified.

3. Assemble the Salad: In a large salad bowl, lay down the mixed greens. Top with thinly sliced apples, toasted walnuts, crumbled goat cheese, and the warm sliced chicken breast.
4. Toss and Serve: Drizzle the homemade dressing over the salad just before serving. Gently toss to combine all textures and flavors evenly without bruising the greens.

Nutrition Facts (Per Serving – Approximate):

- Calories: 380 kcal
- Fats: 22 g
- Cholesterol: 85 mg
- Sodium: 340 mg
- Potassium: 520 mg
- Total Carbohydrates: 12 g
- Fiber: 3 g
- Net Carbs: 9 g
- Sugars: 7 g
- Protein: 34 g
- Calcium: 120 mg

Notes:

- Storage: Keep greens, chicken, and dressing in separate containers in the fridge for up to 4 days to maintain optimal freshness.
- Reheating Instructions: Serve chicken cold or reheat it gently in a pan over medium-low heat before adding to the fresh salad.
- Allergy Info: Contains tree nuts (walnuts) and dairy (goat cheese). Omit nuts or swap with pumpkin seeds for a nut-free version.
- Flavor Boosts: Add a pinch of cinnamon to the dressing or sprinkle toasted pumpkin seeds (pepitas) for extra crunch.