

Grilled Marinated Chicken Salad

<http://userealbutter.com/2018/08/06/grilled-marinated-chicken-salad-recipe/>
chicken marinade based on [Damn Delicious](#)

2 grilled marinated chicken breasts, cut into 1/2-inch pieces (about 2 cups)
2 cups cooked corn (boiled or grilled)*, about 2 cobs
2 ripe avocados, peeled, pitted, and diced
8-10 cups mixed salad greens
1/2 – 1 cup salad dressing of your choice (Italian or a vinaigrette works well here)

*I like to grill my corn this way: Shuck the corn cobs, brush them all over with vegetable oil. Grill directly over high heat for 2-3 minutes until the kernels begin to blacken. Turn the cobs every 2-3 minutes until the entire cob is slightly charred all over, about 10-12 minutes total. Carefully use a knife to cut the kernels off the cob.

grilled marinated chicken

1/4 cup balsamic vinegar
2 tbsps lemon juice
2 tbsps olive oil
2 tbsps Dijon mustard
2 tbsps brown sugar, packed
1 tbsp Worcestershire sauce
2 cloves garlic, grated
2 tbsps fresh flat-leaf parsley, chopped
1/2 tsp salt
1 tsp freshly ground black pepper
4 boneless, skinless chicken breasts

Marinate the chicken: Combine all of the ingredients except the chicken in a large ziploc bag. Push most of the air out and seal the bag. Squeeze everything together until well mixed. Add the chicken the marinade and push out as much air as possible. Seal the bag and squish the chicken around in the marinade until evenly distributed. Marinate for 8-24 hours in the refrigerator.

Grill the chicken: Grill the chicken breasts directly over high heat for 3-4 minutes. Flip the chicken and grill another 3-4 minutes. Move the chicken breasts to an area of the grill that gets indirect heat (not over direct heat) by turning off a burner or shoving the coal to one side. Cover the grill and let the chicken cook until the fattest part of the breasts register 160°F with a meat thermometer. Remove from heat. Slice into cubes.

Assemble the salad: Combine the chicken, corn, avocado, salad greens, and half the dressing in a large bowl. Toss to coat. Add more dressing to taste. Serves 4-6.