

Low-Carb Grilled Chicken & Blackberry Salad

Hands-on 10 minutes Overall 35 minutes

Nutritional values (per serving, 1 salad bowl): Total carbs: 14.6 g, Fiber: 7.3 g,

Net carbs: 7.4 g, Protein: 47.8 g, Fat: 39.3 g, Calories: 600 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



Ingredients (makes 2 servings)

- 2 large chicken breasts, skinless (400 g/ 14.1 oz)
- juice from 1/4 lemon
- 1 tsp thyme, fresh *or* 1/4 tsp dried
- 1/4 cup [extra virgin olive oil](#) (60 ml)
- 2 small heads lettuce such as little gem (200 g/ 7.1 oz)
- 1/2 cup canned artichoke hearts (42 g/ 1.5 oz)
- 1/4 cup black olives such as kalamata (30 g/ 1.1 oz)
- 1/4 cup green olives (30 g/ 1.1 oz)
- 1 cup fresh blackberries (150 g/ 5.1 oz)
- 1 tbsp lemon juice *or* [Homemade Fruit Vinegar](#) *or* balsamic vinegar
- avoid sweet syrupy types of balsamic
- 1/4 tsp sea salt, or to taste

Instructions

1. Brush the chicken breasts with half of the olive oil, add lemon juice, thyme and season with salt. Leave for at least 30 minutes minutes to marinade.
2. Preheat the oven to 200 °C/ 400 °F (fan assisted), or 220 °C/ 425 °F (conventional). Place the chicken breast in a baking dish and bake uncovered for 25-30 minutes. Remove from the oven and let it cool down. Slice into desired pieces.
3. Wash and place the lettuce into a salad spinner or drain using a paper towel. Fold into a serving bowl.
4. Drain the artichoke hearts and slice them into desired pieces. Add them to the bowl together with the sliced chicken.
5. Add drained kalamata (or other black) and green olives.
6. Wash and drain the blackberries and add them to the bowl with the other ingredients.
7. Drizzle with the remaining extra virgin olive oil and fruit vinegar.
8. Enjoy immediately or store in the fridge for up to a day.

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