

 40 Minutes Prep  12 side salads / 6 entrées

This colorful grilled chicken salad is a fan favorite and a great pre-workout meal that offers anti-inflammatory benefits. It will also help you shed down fat without compromising muscle. According to Nick Tumminello on bodybuilder.com, you should consume a lean protein source like chicken breast, a fibrous carbohydrate source like salad, and a piece of fruit (preferably lower-glycemic sources like berries) 2-3 hours before your workout. This has all of that and more...plus it's infused and chock-full of flavor. It also kicks in pretty quickly since the cannabinoids are in the dressing and are therefore more easily metabolized.

For the Chicken and Marinade:

6 boneless, skinless chicken breasts
¼ cup hoisin sauce
¼ cup barbecue sauce
½ teaspoon kosher salt
2 tablespoons sesame oil (plain)
½ cup of water

For the Dressing:

½ cup blueberries, muddled
¼ cup pineapple juice
2 tablespoons "light tasting" canna-oil plus 2 table-
spoons toasted sesame oil
¼ cup sesame oil
3 tablespoons rice vinegar
¼ teaspoon dry mustard
1 teaspoon minced garlic
Pinch of salt and freshly ground black pepper

For the Salad:

3 cups kale, torn or as chiffonade
3 cups baby greens
1 cup broccoli florets
2 blood oranges, divided into supremes or 1 small
can mandarin oranges
¾ cup blueberries and strawberries (sliced)
1 mango, diced
1 cup snow peas
1 cucumber, sliced thin
½ package dry instant ramen noodles, crumbled
3 teaspoons sesame seeds

Steps to Marinate the Chicken:

Pound the chicken breasts until the sides are even.

Mix the hoisin sauce, barbecue sauce, kosher salt, and plain sesame oil into ½ cup of water and stir well. Pour the mixture into a 1-gallon Ziploc bag along with the chicken and marinate in the refrigerator for at least 4 hours, or overnight.

Grill for 4 to 5 minutes on each side. I like to rotate each side 45° halfway through cooking time. Remove from the grill and let cool 5 minutes. Cut chicken breasts into bite-sized pieces.

Make the Dressing:

Make the dressing by mixing all the ingredients together in a small bowl. Set it aside to let the flavors develop.

Finish the Salad:

Toss the kale, baby greens and broccoli. Top with the marinated chicken, orange supremes, berries, mango, snow peas, and cucumber.

Drizzle with the salad dressing and sprinkle with crushed ramen noodles and sesame seeds before serving.

Approximate THC per Serving*

Chicken and Marinade
10%: 2.5 milligrams / 5 milligrams

Dressing
15%: 3.8 milligrams / 7.6 milligrams

Salad
20%: 5 milligrams / 10 milligrams

*Approximate dose per serving is based on infusing 5 grams of cured/dried/decarbed cannabis into 5 ounces of oil.