

# Rice Chicken Pizza Top Salad

**2 chicken breasts, cut into 2" tenders**  
**1/2 white or yellow onion, diced**  
**2 tbs. high heat oil**  
**1 1/2 tsp herbes de provence**  
**1/2 tsp. sea salt**  
**1/4 tsp. fresh ground black pepper**  
**1 cup cooked brown or basmati rice, seasoned with salt and pepper**  
**2 cups baby greens, washed, dried**  
**6 cherry tomatoes, washed, dried, and quartered**  
**4 tbs. your favorite balsamic or honey mustard dressing\***  
**salt and pepper to taste**  
**2 large gluten-free crackers, or 1 slice your favorite gluten-free bread, halved**  
**2 slices goat cheese, aged provolone, or gruyere, or caramelized onions or dairy-free cheese alternative (enough to cover crackers)**  
**1 tbs. fresh basil, cut into ribbons**  
**1/2 tbs. fresh rosemary, chopped**  
**1 tsp. fresh thyme leaves**

**Cook time: 8 minutes**

**Preparation time: 5 minutes**

**Serves 2-3 (depending upon appetite)**

1. Cook up your chicken in a saute pan: Season chicken tenders with 1/2 tsp. salt, 1/4 tsp. pepper, and herbes de provence. Heat about 1-2 tbs. high heat oil (enough to coat the pan lightly) over medium-high heat. Once oil is hot, but not smoking, drop in chicken tenders with no overlap. Sear for 1-2 minutes (until browned), flip, and sear for another minute. Drop in diced onion, cover, reduce heat to medium-low, and cook for another 5 minutes, until chicken is cooked through. (No pink.)
2. Meanwhile, toast your pizza topping: top your favorite gluten-free bread, cracker, or chip with a slice of lactose-light cheese (might I recommend goat's cheese) or dairy-free cheese or caramelized onions. Top with fresh rosemary, thyme, and basil. Broil for about 3-4 minutes, or until soft and just starting to brown a tiny bit.
3. You're ready to start plating! Add cooked rice to bottom of a deep plate/large bowl.
4. Toss greens, dressing, and tomatoes in mixing bowl. Season with salt and pepper to taste. Top rice with tossed salad.
5. Top with cooked chicken and any extra juices and onion bits.
6. Top with your white pizza toast that is now done.

Dig in!!

\*for homemade, whisk together 4 tbs. balsamic or red wine vinegar, 1/2 tsp. finely ground dijon mustard, and 4 tbs. high heat oil, and 4 tbs. olive oil.