

Walnut-Chicken Salad

Add a delightful crisp to [chicken](#) by dredging it in a walnut and breadcrumb mixture and pan-frying. Serve over crisp greens and drizzle with a heavenly buttermilk-honey dressing. Best of all, this southern favorite cooks in under 10 minutes.

Ingredients

- 4 skinned and boned chicken breast halves
 - 3 tablespoons buttermilk
 - 1 cup finely ground walnuts
 - 1/2 cup fine, dry breadcrumbs
 - 1 teaspoon salt
 - 2 tablespoons vegetable oil
 - 6 cups torn mixed salad greens
 - 4 cups torn fresh spinach
 - 1 cup (4 ounces) shredded colby-Monterey Jack cheese blend
 - 16 cherry tomatoes, cut in half
 - [Buttermilk-Honey Dressing](#)
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How to Make It

Step 1

Place chicken between 2 sheets of heavy-duty plastic wrap; flatten to 1/4-inch thickness using a meat mallet or rolling pin. Brush buttermilk evenly over chicken.

Step 2

Combine walnuts, breadcrumbs, and salt in a shallow dish; dredge chicken in mixture.

Step 3

Pour oil into a large skillet; place over medium-high heat until hot. Add chicken, and cook 3 minutes on each side or until golden. Remove from heat; cool slightly. Cut chicken crosswise into thin slices.

Step 4

Combine salad greens and spinach, and arrange on each of 4 individual plates. Sprinkle with cheese, and top with tomato halves and chicken. Serve with Buttermilk-Honey Dressing on the side.