

Seasonal Bean Salad with Pulled Chicken
(serves 4)

4 skinless, boneless chicken breasts
leftover bean and rice combination from lunch (see day 44 lunch recipe)
1 lemon zested
2T grain mustard
1T chopped shallot
2T olive oil
S and P to taste

1. Combine mustard, lemon zest, shallot and olive oil. Season chicken with salt and pepper. Brush chicken with mustard mixture and cook at 325 degrees for approximately 25 minutes or until fully cooked.
2. Allow chicken to cool and shred into small pieces. TASTE.
3. Toss chicken and beans with rice and serve.