



Margherita Grilled Chicken Salad



Entire recipe: 294 calories, 9.5g total fat (2.5g sat. fat), 783mg sodium, 14.5g carbs, 4g fiber, 7.5g sugars, 35g protein

Prep: 10 minutes **Cook:** 10 minutes

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Ingredients

One 4-oz. raw boneless skinless chicken breast cutlet
Dash each salt and black pepper
3 cups chopped romaine lettuce
1/2 cup chopped cucumber
1/4 cup chopped tomato
3 tbsp. drained and roughly chopped roasted red peppers (previously packed in water)
1 stick light string cheese, sliced into coins
1 tbsp. finely chopped fresh basil
2 tbsp. light balsamic vinaigrette dressing

Directions

Pound chicken to an even thickness. Season with salt and pepper. Bring a grill pan (or skillet) sprayed with nonstick spray to medium heat. Cook for about 4 minutes per side, until cooked through.

Meanwhile, place lettuce on a large plate or in a large bowl.

Slice or chop chicken, and add to the plate/bowl. Top with all remaining ingredients *except* dressing.

Drizzle with dressing, or serve it on the side.

MAKES 1 SERVING

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