

Grilled Chicken and Strawberry Salad

Makes 4 servings

Ingredients

- 5 cups mixed greens
- 1 cup strawberries
- ¼ cup slivered almonds
- 2 cups cubed chicken breasts, cooked



Directions

In a large bowl, toss the greens, strawberries, almonds, and chicken breasts until well mixed.

Strawberry Vinaigrette Dressing (Makes 1 Cup)

8 servings (2 Tbsp)

Ingredients

- 2 cups strawberries
(I used fresh, but frozen may work)
- 2 T balsamic vinegar
- 1 T red wine vinegar
- 1 T lemon juice
- 1 garlic clove
- 1/4 tsp dijon mustard



Instructions

- In a small blender, combine all the ingredients and mix until smooth. It took about 90 seconds in my Blendtec Twister Jar.
- Serve immediately, or store in an airtight container for up to 2 weeks. Enjoy!

Nutrition Information (2 Cups Salad plus 2 Tbsp Dressing)

192 calories

24 g protein

11 g carbohydrate

6 g fat

1 g saturated fat

Salad recipe modified from: <http://skinnymys.com/grilled-chicken-and-blueberry-salad>

Dressing recipe from: <http://mywholefoodlife.com/2014/04/23/easy-strawberry-vinaigrette/>

