



Strawberry Balsamic Salad

Ingredients

Directions

Balsamic Dressing

- ¼ cup balsamic vinegar
- 3 tbsp water
- 1 pouch Good Seasons Italian dressing mix
- ½ cup olive oil

Salad

- 4 oz boneless chicken breast
- 1 head romaine lettuce or 2 romaine hearts
- 1 oz feta cheese
- 2 fresh strawberries
- 1 oz sliced almonds
- 1 small red onion

1. Combine all dressing ingredients in a bowl and whisk together
2. Cut the end of the head of romaine lettuce and rinse both ends thoroughly under cold water. Let drain in a strainer.
3. Cut both ends off the red onion and peel. Slice 2-3 slivers of onion and set aside.
4. Coat chicken with balsamic dressing and let it rest.
5. Heat a sauté pan over medium heat. Place the marinated chicken in the pan and cook for 5 minutes. Flip and cook for an additional 5 minutes
6. While the chicken is cooking, slice the lettuce into 1 inch chunks and place in a bowl.
7. Rinse strawberries, cut off the tops and slice vertically.
8. Top the lettuce with sliced onion, feta cheese, almonds and strawberries.
9. Once chicken reaches 164°F let it rest for a few minutes then slice on an angle. Top the salad with the chicken. Enjoy!

Calories 96

Total Fat 5 g

Saturated Fat 1 g

Cholesterol 17 mg

Sodium 143 mg

Total Carbohydrate 4 g

Dietary Fiber 1 g

Sugars 1 g

Protein 8 g