

Chopstick Chicken Salad

What You'll Need

Salad:

- 2 heads of romaine or other lettuce, chopped
- 1 medium cucumber, sliced
- 3 medium carrots, sliced
- 1 cup red bell pepper strips (about 1 small pepper)

Chicken:

- 2 boneless, skinless chicken breasts (about 6 ounces each)
- cooking spray

Dressing:

- 1/4 cup lime or lemon juice
- 2 tablespoons finely chopped fresh basil
- 2 tablespoons finely chopped fresh cilantro
- 1 tablespoon low-sodium soy sauce
- 1 teaspoon sugar
- 1 teaspoon dark sesame oil

Serves 4

Let's Cook!

Chicken:

- 1 Preheat oven to 350 degrees. Place chicken on grill rack or broiler pan coated with cooking spray.
- 2 Cook for 20-30 minutes or until a meat thermometer inserted into the thickest part of the chicken reaches 165 degrees.
- 3 Cut into 1/4-inch-thick slices.

Dressing:

- 1 Combine dressing ingredients in a small bowl or cup, stirring well with a whisk.

Salad:

- 1 Combine salad ingredients in a large bowl.
- 2 Drizzle dressing over salad; toss gently to coat.
- 3 Divide salad evenly among 4 plates; top with chicken.

Nutrition Facts

Serving Size (391g)	
Servings Per Container 4	
Amount Per Serving	
Calories 140	Calories from Fat 25
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 500mg	21%
Total Carbohydrate 17g	6%
Dietary Fiber 5g	20%
Sugars 9g	
Protein 14g	
Vitamin A 460%	Vitamin C 120%
Calcium 8%	Iron 15%