

Chicken and Veggie Salad

Makes: 4 Servings

“The recipe I am making is very special to my family,” says Hannah. “When we were kids we would always go to dinner with my Great Grandma and eat this chicken and veggie salad. She has since passed away, so we eat this in remembrance of her. We make this salad for dinner all the time. The reason that I like this salad is because it is a little bit tart. Also, this is healthy because it has sunflower oil and that is healthier than corn oil. It also has a ton of vegetables.”

Ingredients

- 1 tablespoon** olive oil
- 2** skinless boneless chicken breasts
- 1** head of romaine lettuce, chopped into bite--size pieces
- 1** red onion, peeled and thinly sliced
- 1/2 cup** black olives, pitted and halved
- 2** tomatoes, seeded and chopped
- 1/3 cup** sunflower oil
- Dash of vinegar (optional)
- 1 teaspoon** garlic salt
- 1/3 cup** grated Parmesan cheese

Directions

1. **In a large nonstick skillet**, warm the oil over moderate heat. Add the chicken and cook for 6 minutes per side, or until cooked through and golden brown. Remove from heat, let cool, then dice or shred the chicken.

2. **In a large salad bowl**, combine the lettuce, chicken, onion, olives, and tomatoes. Add the oil, vinegar if using, and toss. Add the garlic salt and Parmesan cheese, toss



Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	443	
Total Fat	28 g	
Protein	37 g	
Carbohydrates	12 g	
Dietary Fiber	7 g	
Saturated Fat	5 g	
Sodium	527 mg	

*Percent Daily Values are based on a 2,000 calorie diet.

MyPlate Food Groups

Vegetables	2 1/4 cups
Protein Foods	3 1/2 ounces

well and serve.

The 2016 Healthy Lunchtime Challenge Cookbook