

Green Monster Salad

Makes: 12 or 48 servings

12 Servings

48 Servings

Ingredients	12 Servings		48 Servings	
	Weight	Measure	Weight	Measure
Chicken breast, boneless, skinless	1 3/4 lbs		7 lbs	
Spinach		1 1/2 cups		6 cups
Romaine lettuce		1/2 cup		2 cups
Red leaf lettuce		1 cup		4 cups
Carrots, chopped		1 cup		4 cups
Tomatoes, cherry		1 cup		4 cups
Parsley		1 Tbsp		1/4 cup
Basil		1 Tbsp		1/4 cup
Olive oil		1 Tbsp		1/4 cup
Italian dressing		1/4 cup		1 cup

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	132	
Total Fat	4 g	
Protein	21 g	
Carbohydrates	3 g	
Dietary Fiber	1 g	
Saturated Fat	1 g	
Sodium	294 mg	

Directions

1. Drizzle chicken breasts with olive oil, sprinkle on basil and parsley and bake in 350°F oven until no longer pink on inside.
2. In large bowl, combine spinach, romaine, red leaf lettuce, carrots and tomatoes.
3. Scoop 1/2 cup servings onto plates.
4. Cut chicken into bite-size pieces. Top each salad with 2 Tbsp chicken.
5. Pour dressing over mixture. Toss to coat. (If more dressing is needed, mix Italian dressing with olive oil.)

Notes

Serving Tips:

This salad is an easy way to use leftover chicken and vegetables. It can also be made using turkey breast or beans.