

Grilled Rosemary Chicken Chopped Salad

Makes: 50 servings

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Ingredients	Weight	Measure
Chicken breasts, boneless, skinless (4 oz)		50
Fresh rosemary, finely chopped		1/2 cup 1 tsp
Italian Flat Leaf parsley		1/2 cup 1 tsp
Garlic, Raw		8 1/3 cloves
Ground black pepper		1 Tbsp 1 1/2 tsp
Lettuce, COS, or Romaine, Raw		25 leaves
Cucumber, peeled, raw		1 qt 1/8 cup
Carrots, raw, chopped		1 qt 1/8 cup
Canned low-sodium garbanzo beans (chickpeas), with liquid		1 qt 1/8 cup
Green beans		1 qt 1/8 cup



seeded		cup
Olives, ripe, canned		1 qt 1/8 cup
Onions, red, raw		2 cups 1 Tbsp
Salad dressing, Light Ranch (990016)	2 lb 1 1/3 oz	

Directions

1. Finely chop the rosemary. Chop the grilled chicken breast into 1 inch cubes and toss with the rosemary.
2. In a 350 degree oven, heat the rosemary grilled chicken until warmed through, about 5 to 7 minutes.
3. Toss the chicken with the lettuce and chopped vegetables, and lightly dress to serve.

Notes

Additional Tips

This savory salad is a bright and crunchy mix of vegetables (some sourced from local farms thanks to Miami-Dade Public Schools) which are tossed with tender grilled chicken that has been marinated in earthy rosemary. It is colorful and tasty with many different textures; the creaminess of avocado, the snap of carrots, cucumbers, and green beans, and the freshness of flat leaf parsley all combine for a party in your mouth that our students cannot resist!