

C's Springtime Chicken Salad

Yields:

one 3 unit serving of EACH protein, carbohydrates, fats requirements
FOLLOW YOUR SPECIFIC PORTION AMOUNTS AS DIRECTED

Ingredients:

3 oz. grilled chicken, marinated in Bernstein's Balsamic Italian Dressing
1/4 EACH yellow & orange pepper, diced
4 " Italian cucumber, peeled and diced
6 cherry tomatoes, cut in half
2 cups Spring Mix salad leaves
1 oz. goat cheese
2 Tbsp. Bernstein's Balsamic Italian Dressing

Directions:

- * Marinate chicken breast in dressing for no longer than 30 minutes.
- 1. Grill chicken and set aside to cool. When cool, dice up into bite sized pieces and portion out 3 oz. for your 3 unit protein requirements.
- 2. While chicken is cooling, prepare remaining ingredients as directed above.
- 3. Place all ingredients in a large bowl EXCEPT the dressing. Just before you are ready to eat, add the dressing and prepare to enjoy!