

Springtime Salad Supreme

Yields: six 2 unit portions pro/carb/fat
five 3 unit portions pro/carb/fat
four 4 unit portions pro/carb/fat
three 5 unit portions pro/carb/fat

Dressing Ingredients:

2 Tbsp. Raspberry Red-wine Vinegar
1 Tbsp. OJ Concentrate
1/2 tsp. Kosher salt
1/2 tsp. Freshly Ground Black Pepper
6 Tbsp. Light Extra Virgin Olive Oil

Salad Ingredients:

four 4 oz. chicken breasts (1 pound)
2 large Naval Oranges
1 cup Purple Onion, thinly sliced
two 5 oz. bags Mixed Salad Greens
1 firm, but ripe Avocado, peeled, pitted and thinly sliced

Directions:

Step 1: Rub the raw chicken breasts with Garlic Pepper/Salt. Grill or boil the chicken breasts until no longer pink. Remove and cool on a cutting board for about 10 minutes. Slice into strips. Drizzle strips with about 2 Tbsp. Dressing.

Weigh out your portion (1 oz. = 1 unit protein)

Step 2: While chicken is cooling, whisk together the dressing ingredients in a bowl. Taste to make sure you have enough seasoning for your taste preference. Set aside.

Step 3: Peel the oranges, remove the white pith and thinly slice the oranges into thin rounds. Prepare the avocado as directed above.

Step 4: In a large bowl, toss onion and lettuce with the dressing. Divide between the number of bowls you need. Top salads with equal parts of chicken, oranges and avocado.