

Asian Style Salad

submitted by barbarafurst



Per serving: 335 Calories • 21.1g Carbs (6.7g Fiber) • 16.2g Fat • 28.6g Protein

Ingredients

Ingredients scaled to: 1 serving

1/2 tbsp **Olive oil** (6.8 grams)

1/2 small breast, bone removed **Chicken breast** (87 grams)

1 cup, whole **Mushrooms** (96 grams)

1/2 cup chopped **Carrots** (64 grams)

1 5/8 small **Red bell pepper** (118 grams)

4 tbsp **Soy sauce** (64 grams)

1 cup shredded **Lettuce** (47 grams)

Directions

Directions are based on the original recipe of 1 serving

1. With a little bit of olive oil, cook the chopped chicken 5-10 or until cooked through and no longer pink.
2. Chop mushrooms, carrots, and bell pepper; add to the frying pan and cook until tender.
3. Chop lettuce. Mix together with remaining ingredients and drizzle with soy sauce. Enjoy!