

## Balsamic Chicken Salad

submitted by zo\_rasouli

Per serving: 271 Calories • 6.9g Carbs (2g Fiber) • 14.6g Fat • 29.6g Protein

### Ingredients

*Ingredients scaled to: 1 serving*

2 tsp **Olive oil** (9 grams)

1 half breast (fillet) **Chicken breast** (118 grams)

2 cup shredded **Lettuce** (94 grams)

1 tbsp **Newman's own low fat balsamic vinaigrette** (15 grams)

1 tbsp **Parmesan cheese** (5 grams)

### Directions

*Directions are based on the original recipe of 1 serving*

1. Heat 2 tsp olive oil in a pan over medium-high heat.
2. Slice the raw chicken breast into strips and fry in pan until cooked through and no longer pink.
3. Mix the roasted chicken, lettuce, dressing, and cheese in a bowl. Toss until well coated.
4. Enjoy!