

Chicken, Spinach, and Strawberry Salad

submitted by TriciaCollins



Per serving: 264 Calories • 13.1g Carbs (4g Fiber) • 10.5g Fat • 30g Protein

Ingredients

Ingredients scaled to: 2 serving

- 1 breast, bone and skin removed **Chicken breast** (236 grams)
- 6 cup **Spinach** (180 grams)
- 1 cup, halves **Strawberries** (152 grams)
- 1/2 medium (2-1/2" dia) **Onions** (55 grams)
- 1 tbsp **Balsamic vinegar** (16 grams)
- 1 tbsp **Olive oil** (13.5 grams)

Directions

Directions are based on the original recipe of 1 serving

1. Preheat oven to 400 degrees F. Bake chicken for 10-15 minutes or until cooked through and no longer pink. Let rest 5 minutes before slicing.
2. Combine all ingredients in a bowl and drizzle with salad dressing!
3. Enjoy!