

Hot Garlic Chicken Salad

submitted by gnat23

Per serving: 263 Calories • 12.4g Carbs (3.1g Fiber) • 4.6g Fat • 40.4g Protein

Ingredients

Ingredients scaled to: 1 serving

- 6 oz **Chicken breast** (170 grams)
- 1 1/2 tbsp chopped **Onions** (15 grams)
- 2 cloves, minced **Garlic** (6 grams)
- 1 tbsp **Balsamic vinegar** (16 grams)
- 1 wedge yields **Lemon juice** (5.9 grams)
- 4 oz **Field Greens Salad Mix** (113 grams)
- 1/4 cup, halves **Red peppers** (35 grams)

Directions

Directions are based on the original recipe of 1 serving

1. Bring a pot of water to boil. Add chicken breast water and boil for 8-12 minutes, or until chicken is cooked through and no longer pink. Drain and set aside to cool slightly. Chop into bite sized pieces.
2. Heat oil in a skillet over medium heat. Cook onion and garlic, for 3-5 minutes, until tender. Add red peppers and chicken and sauté until heated through.
3. Create a dressing with the vinegar and lemon juice. Pour over lettuce. Top with red pepper and chicken mixture.