

STRAWBERRY SALAD WITH GRILLED CHICKEN AND FRESH MINT

Gluten Free, Higher Fiber, Lower Saturated Fat, Lower Sodium

Serves: 3

Nutrition (per serving)

Calories: 324

Total Fat: 15 g

Saturated Fat: 2 g

Sodium: 240 mg

Total Carbohydrate: 18 g

Dietary Fiber: 6 g

Protein: 29 g

Ingredients

- 2 Tablespoons reduced sugar strawberry fruit spread (choose gluten free for GF version)
- 2 Tablespoons extra-virgin olive oil
- 2 teaspoons balsamic vinegar
- 1 teaspoon Dijon mustard
- 2 cups cucumber, diced
- 1/3 cup red onion, diced
- 1 1/3 cups fresh strawberries, sliced
- 2 Tablespoons fresh mint, chopped
- ¼ cup almonds, slivered
- 2 cups romaine lettuce, chopped
- 3 4-ounce chicken breasts, grilled
- Salt and pepper, to taste



OSF[®]
HEALTHCARE

Directions

1. In a medium bowl, whisk the first four ingredients together into a vinaigrette.
2. In large bowl, combine cucumber, onion, strawberries, fresh mint, almonds, and lettuce.
3. Pour vinaigrette over salad and toss to coat.
4. Cut the grilled chicken breast into slices and add to salad.