



Chicken and Veggie Salad

Makes: 4 Servings

“The recipe I am making is very special to my family,” says Hannah. “When we were kids we would always go to dinner with my Great Grandma and eat this chicken and veggie salad. She has since passed away, so we eat this in remembrance of her. We make this salad for dinner all the time. The reason that I like this salad is because it is a little bit tart. Also, this is healthy because it has sunflower oil and that is healthier than corn oil. It also has a ton of vegetables.”

Ingredients

- 1 **tablespoon** olive oil
- 2 skinless boneless chicken breasts
- 1 head of romaine lettuce, chopped into bite--size pieces
- 1 red onion, peeled and thinly sliced

Nutrition Information

Nutrients	Amount
Calories	443
Total Fat	28 g
Saturated Fat	5 g
Cholesterol	89 mg
Sodium	527 mg
Total Carbohydrate	12 g
Dietary Fiber	7 g
Total Sugars	4 g
Added Sugars included	0 g
Protein	37 g
Vitamin D	0 mcg
Calcium	228 mg
Iron	3 mg
Potassium	969 mg

N/A - data is not available

MyPlate Food Groups

 Vegetables	2 1/4 cups
 Protein Foods	3 1/2 ounces
 Dairy	1/4 cup

1/2 cup black olives, pitted and halved

2 tomatoes, seeded and chopped

1/3 cup sunflower oil

Dash of vinegar (optional)

1 teaspoon garlic salt

1/3 cup grated Parmesan cheese

Directions

1. **In a large nonstick skillet**, warm the oil over moderate heat. Add the chicken and cook for 6 minutes per side, or until cooked through and golden brown. Remove from heat, let cool, then dice or shred the chicken.

2. **In a large salad bowl**, combine the lettuce, chicken, onion, olives, and tomatoes. Add the oil, vinegar if using, and toss. Add the garlic salt and Parmesan cheese, toss well and serve.

Notes

State: Wyoming

Child's Name: Hannah Andreen, 11

Source: The 2016 Healthy Lunchtime Challenge Cookbook