EUROPEAN SALAD

Delightful mix of fresh salad fixings topped with sautéed chicken and a light, yet flavorful raspberry vinaigrette. Save time by using blender to make the vinaigrette and purchasing packaged salad blends, pre-cut chicken, and vegetables.

Preparation time: 30 minutes
Serves: 4

INGREDIENTS:

- 12 oz chicken breast, pre-sliced
- ¼ tsp salt
- ¼ tsp ground black pepper
- 2 tsp olive oil
- 3 green onions, sliced
- 1 large yellow bell pepper, cut in strips (about 1½ cups)
- 16 cherry tomatoes
- 1 10-oz package European Blend Salad
- Whole grain croutons (about 8 per serving)
- Fresh ground pepper, to taste

Vinaigrette

- ¾ cup frozen raspberries, thawed
- 1 tbsp olive oil
- 2 tbsp cider vinegar
- 1 tsp sugar
- ¼ tsp garlic salt
- ¼ tsp oregano
- ¼ tsp ground black pepper

Food Group Amounts	
Dairy	- -
Fruits	¼ cup
Vegetables	1½ cup
Grains	½ oz
Protein	2 oz

Nutrition Facts

Serving Size 321 g

Amount Per Serving	
Calories 240	Calories from Fat 80
	%Daily Value*
Total Fat 9g	**14%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 45mg	**15%**
Sodium 450mg	**19%**
Total Carbohydrate 21g	**7%**
Dietary Fiber 4g	**16%**
Sugars 9g	
Protein 20g	

Vitamin A 35% • Vitamin C 250%

Calcium 8% • Iron 15%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carb		300g	375g
Dietary Fiber		25g	30g

DIRECTIONS:

1. Place all vinaigrette ingredients in a blender, blend until smooth; set aside. (Note: Vinaigrette can be made ahead and refrigerated.)
2. Season chicken with salt and pepper.
3. Heat olive oil in a large skillet.
4. Sauté chicken until cooked thoroughly; remove from pan, and let cool.
5. Slice onions.
6. Toss cut vegetables with European Blend Salad.
7. On individual serving plates, top salad with chicken and croutons, drizzle with dressing, and finish with fresh ground pepper, if desired.

Serving Suggestions:

Serve with 1 cup fruit salad, an 8 oz glass of non-fat milk, 1 slice whole-grain bread with dab of butter.

Recipe Submitted by Produce For Better Health Foundation

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