



CLASSIC CHICKEN BALSAMIC SALAD

Makes 1 serving | Serving size: 1 salad

PREP TIME

5 min

COOK TIME

0 min

TOTAL TIME

5 min

This chicken dish is an amazing, savory classic! We made it really crunchy by including cucumbers, and it has a delicious flavor of basil and creamy mozzarella. Plus, it contains a whopping 50 grams of protein per serving!



Ingredients

- 4 ounces grilled chicken, sliced into thin strips
- 4 cups leafy greens
- ½ cup sliced cucumber
- 1 cup cherry tomatoes
- 2 tablespoons minced fresh basil
- ⅓ cup grated mozzarella
- 2 tablespoons **Creamy Balsamic Dressing**

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- 2 tablespoons balsamic vinegar
- 1 tablespoon lemon juice
- 1 teaspoon Dijon mustard
- ⅓ cup olive oil
- 1 clove garlic, pressed
- ½ teaspoon sugar
- 2 tablespoons 0% Greek yogurt

Directions

1. Add all dressing ingredients to a small bowl or cup and blend with an immersion blender using the whip attachment.
2. Slice grilled chicken into thin strips.
3. Chop or slice veggies
4. Toss with cheese and 2 tablespoons of dressing and enjoy!