



Chick-a-licious Fruity Green Salad



1/2 of recipe, about 6 cups: 295 calories, 7.5g total fat (1g sat. fat), 384mg sodium, 36g carbs, 8.5g fiber, 23g sugars, 26.5g protein

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Prep: 10 minutes

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Ingredients

8 cups chopped romaine lettuce (about one 12-oz. bag)
1 medium yellow peach
1 medium pear
20 dry-roasted shelled pistachios
6 oz. cooked and chopped skinless lean chicken breast
1/2 cup blueberries
1/4 cup fat-free or low-fat raspberry or balsamic vinaigrette

Directions

Evenly distribute lettuce between two large plates or bowls.

Chop the peach and the pear, discarding the pit and the core. Evenly distribute the chopped fruit between the plates or bowls. Roughly chop pistachios, and add those as well.

Top each salad with 3 oz. chicken and 1/4 cup blueberries. Drizzle 2 tbsp. dressing over each salad, or serve it on the side. Enjoy!

MAKES 2 SERVINGS

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