

RECIPE

Grilled Chicken Salad

🕒 10 minutes / 1 serving

LOOKING FOR SOMETHING

DIFFERENT from your garden variety salad? Try this: a simple base of baby arugula and grilled chicken, jazzed up by an easy Dijon dressing, juicy peach, and summer squash.

INGREDIENTS

- 2 tsp extra-virgin olive oil, divided
- 1 tsp Dijon mustard
- 1 tsp fresh lemon juice
- salt and pepper to taste
- 1 medium summer squash, halved, seeded, and thinly sliced
- 2 cups baby arugula
- 1 small peach, pitted and chopped
- $\frac{1}{4}$ cup thinly sliced fresh basil, divided
- 3 oz grilled boneless, skinless chicken breast, sliced
- 2 tbsp shaved Parmesan



INSTRUCTIONS

- 1 **WHISK** oil, mustard, and lemon juice in a medium bowl; season with salt and pepper.
- 2 **ADD** squash and toss to coat.
- 3 **MIX** in arugula, peach, and half of basil. Top with chicken, cheese, and remaining basil.

NUTRITIONAL INFO PER SERVING

CALORIES

382

PROTEIN

35 g

FIBER

8 g

CALCIUM

300 g