

# STRAWBERRY SALAD WITH GRILLED CHICKEN AND FRESH MINT

*Gluten Free, Higher Fiber, Lower Saturated Fat, Lower Sodium*

Serves: 3

## Nutrition (per serving)

Calories: 324	Total Carbohydrate: 18
Total Fat: 15 g	Dietary Fiber: 6 g
Saturated Fat: 2 g	Protein: 29 g
Sodium: 240 mg	

## Ingredients

- 2 Tablespoons reduced sugar strawberry fruit spread (choose gluten free for GF version)
- 2 Tablespoons extra-virgin olive oil
- 2 teaspoons balsamic vinegar
- 1 teaspoon Dijon mustard
- 2 cups cucumber, diced
- 1/3 cup red onion, diced
- 1 1/3 cups fresh strawberries, sliced
- 2 Tablespoons fresh mint, chopped
- 1/4 cup almonds, slivered
- 2 cups romaine lettuce, chopped
- 3 4-ounce chicken breasts, grilled
- Salt and pepper, to taste

## Directions

1. In a medium bowl, whisk the first four ingredients together into a vinaigrette.
2. In large bowl, combine cucumber, onion, strawberries, fresh mint, almonds, and lettuce.
3. Pour vinaigrette over salad and toss to coat.
4. Cut the grilled chicken breast into slices and add to salad.