



HARVEST CHICKEN DINNER SALAD

Serves 4

Ingredients:

- 1 lb. boneless, skinless chicken breasts or tenderloins, visible fat removed cut into 1-inch cubes
- cooking spray
- 2 heads romaine lettuce, washed, and torn into bite-sized pieces (about 8 cups)
- 1 apple, any variety, cored, and chopped
- 1/2 red onion, thinly sliced
- 2 tbsp. unsalted, unoiled walnuts or pecans, roughly chopped
- 2 tbsp. fat-free feta cheese crumbles



Directions:

1. Spray a medium skillet with cooking spray. Add chicken to skillet and turn to medium-high heat.
2. Cook, stirring occasionally for 10 minute or until chicken is cooked through. Divide lettuce on to 4 plates and top with chicken.
3. Evenly divide remaining ingredients over four plates and place on top of the lettuce.

Cost: About \$2.26 per serving!



Tips:

- For a heart-healthy diet, eat 9-10 servings (about 4^{1/2} cups) of fruits and vegetables every day.
- Try to eat local and seasonal produce, it'll taste the best!
- Store bought salad dressing can contain a lot of sugar. Make your own at home! Remember, it's 2 parts vinegar to 3 parts olive oil.
- Be sure to balance salt, fat, and acid to make it taste the best!
- The AHA recommends that women consume no more than 6 teaspoons, or 25 grams of sugar a day and that men consume no more than 9 teaspoons, or 36 grams of sugar a day.

Nutrition Facts	
Serving size	1/4 of Recipe
Amount Per Serving	
Calories	200
	<small>% Daily Value*</small>
Total Fat 6g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 75mg	25%
Sodium 220mg	10%
Total Carbohydrate 11g	4%
Dietary Fiber 3g	11%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 27g	54%
<small>Not a significant source of vitamin D, calcium, iron, and potassium</small>	
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	