

BUFFALO CHICKEN CHOPPED SALAD



Ingredients:

- 2 cups of spring mix lettuce (or lettuce of your choosing)
- ½ (3 oz) chicken breast
- 1 teaspoon of hot sauce (buffalo style)
- 1 carrot
- ¼ of an English cucumber
- 1 celery stalk
- 2 baby portabella mushrooms
- 1 teaspoon of red onion
- 2 tablespoons of bleu cheese dressing

How to Make It:

1. Wash and dry lettuce. Tear or chop lettuce into bite size pieces.
2. Bake or grill the chicken breast. Slice and toss the chicken breast pieces in hot sauce.
3. Peel carrot. Slice carrot lengthwise and chop.
4. Slice English cucumber into about 10 slices
5. Wash celery stalk and trim ends. Slice celery lengthwise and chop.
6. Wash and slice mushrooms.
7. Chop red onion.
8. Combine all ingredients in a bowl and toss with salad dressing. The dressing could also be served on the side to allow for choice in dressing type and quantity.

Depending on preferences or what is on hand, ingredients may be added (e.g., tomatoes, shredded cheddar cheese, bleu cheese crumbles) or omitted (e.g., onions, mushrooms). Adjust ingredients if preparing for a crowd.

Nutritional Information:

Serving Size = 1
Calories = 340
Carbs = 13 g
Protein = 25 g
Fat = 5 g