

Lemon Chicken Salad

Ingredients

6 cups lettuce leaves, torn
4 boneless, skinless chicken
breasts
Juice of 1 lemon
1 tablespoon oil

1 teaspoon freshly chopped
tarragon or 1/4 teaspoon
dried tarragon
Salt and pepper, to taste
Vinaigrette salad dressing, to
taste

Directions

1. Wash and dry the lettuce.
2. Slice chicken breasts into strips and then smaller pieces.
3. Heat oil in a medium-sized pan, add the chicken, and cook for 4 to 5 minutes until the chicken is lightly browned.
6. Add lemon juice, tarragon, and salt and pepper to taste. Cook for another 4 to 5 minutes until chicken is tender.
7. Toss the lettuce with the vinaigrette dressing. Add chicken, lemon, and tarragon mixture and toss.



Makes 4 servings

*Nutrition information per serving:
327 Calories, 10g Fat, 54g Protein, 2g
Carbohydrate, 134 mg Sodium*