Chopped Power Salad with Chicken

Ingredients:

- ¼ cup extra-virgin olive oil
- 3 tablespoons lemon juice
- 1 clove garlic, grated
- ½ teaspoon dried oregano
- ½ teaspoon sugar
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- 4 cups torn green-leaf lettuce
- 4 cups baby spinach
- 2 cups shredded cooked chicken
- 1 cup halved grape tomatoes
- 1 cup halved and sliced cucumber
- ½ cup slivered red onion
- ½ cup sliced pepperoncini
- ½ cup crumbled feta cheese
- 2 tablespoons toasted unsalted sunflower seeds

Directions:

Whisk oil, lemon juice, garlic, oregano, sugar, salt and pepper together in a large bowl. Add lettuce, spinach, chicken, tomatoes, cucumber, onion and pepperoncini; toss to coat. Serve sprinkled with feta and sunflower seeds. frozen banana bite in the chocolate. Let stand until the chocolate is set. If not serving immediately, return to the freezer.

Nutrition Facts:

Servings: 4   Serving Size: 2½ cups
Per Serving: calories 466; protein 49g; carbohydrates 14g; dietary fiber 4g; sugars 7g; total fat 24g; saturated fat 5g; cholesterol 130mg; vitamin A 6881IU; potassium 1068mg; sodium 591mg.

Recipe from eatingwell.com