

Farm Market Recipe



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
- ⅓ cup sliced pepperoncini
- ⅓ 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.

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