

Garlic Chicken Summertime Salad

The great thing about summertime salads is there are so many fresh fruits available. So if strawberries or tangerines aren't your thing, swap them out for your favorites.

Degree of Difficulty: Easy

Ingredients

3 each chicken breast halves boneless, skinless, cut into ½ thick slices
9 oz Romaine lettuce leaves
1 cup tangerines (mandarin oranges)
1 cup Strawberries, sliced
¼ cup almonds, slivered
¼ cup Lawry's Herb & Garlic marinade



Directions

- 1 Place chicken breasts in a container. Pour marinade on top and cover.
- 2 Place in refrigerator for at least one hour (I like to marinate over night as it makes chicken really tender).
- 3 Fire up the grill (or broiler). Place chicken on grill and discard excess marinade.
- 4 Cook chicken breasts for approximately 5 - 10 minutes on each side (or until chicken is no longer pink).
- 5 Let chicken cool for about 15 minutes.
- 6 Cut chicken breasts into ½ thick slices.
- 7 Place leafy lettuce on the dinner plates.
- 8 Arrange chicken strips, tangerines and strawberries on top.
- 9 Sprinkle on the almond slivers.
- 10 Serve with your favorite dressing on the side.

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 20 minutes

Nutrition Facts

Nutrition (per serving): 292 calories, 10g total fat, 1.4g saturated fat, 73.1mg cholesterol, 634.6mg sodium, 20.3g carbohydrates, 5.2g fiber, 12.3g sugar, 31.2g protein.

Servings: 3

Yield: 3 salads

Weight Watchers Points

Smart Points: .

Note: The lettuce, fruits and skinless chicken breasts were not used when calculating the SmartPoints. The lettuce and fruits were not used when calculating remaining points values.

Orig. WW Pts: 5

Points Plus: 6

Smart Points: 5

FreeStyle Smart Points: 3

Tips

If you want to make this a zero SmartPoints recipe, just eliminate the slivered almonds. I personally like almonds so am willing to use the 3 points.