

# FETA SPINACH SALAD



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## Ingredients

Yield: 4 servings

- 2 large chicken breasts cooked and seasoned
- 4 c Spinach leaves and/or spring mix lettuce
- ½ c low fat feta cheese
- 1/3 c chopped walnuts
- 1 green apple sliced (lightly coat with lemon juice or sprite)
- ¼ cucumber diced
- 1 tomato diced
- 2 tbsp of lite balsamic vinaigrette or light dressing of choice

## Directions

1. Season and cook chicken thoroughly, dice, place in bowl.
2. Mix all ingredients (except dressing) together in large bowl, add diced chicken and serve with 2 tbsp of dressing.

## Nutritional Information (no dressing included)

Serving:	Calories	Fat	Protein	Carbohydrates	Sodium
1 cup salad mix	212	9 g	23 g	8 g	688 mg

## Nutritional Information

Serving:	Calories	Fat	Protein	Carbohydrates	Sodium
2 tbsp dressing	45	4 g	0 g	2 g	350 mg

Carbohydrate Exchanges: 1/2