

# ITALIAN SALAD



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## Ingredients

Yield: 4

- 1 lb grilled chicken breast seasoned Italian style
- 1 head of romaine, chopped
- ½ of small jar of pitted Kalamata olives
- 3 roma tomatoes, sliced
- 1/2 green pepper, sliced
- 1/2 onion, sliced
- 1/2 c sweet and hot salad banana pepper rings
- 1/2 c shredded low fat Italian blend cheese

## Directions

1. Season and cook chicken in skillet or grill and then slice.
2. Add all ingredients for salad to a large bowl and mix.
3. Top with your favorite low calorie dressing and serve.

Tip: Goes great with a lite balsamic vinaigrette

## Nutritional Information

Serving:	Calories	Fat	Protein	Carbohydrates	Sodium
¼	272	8 g	31 g	8 g	1039 mg

Carbohydrate Exchanges: 1/2