



## Strawberry Chicken Spinach Salad

<p>Ingredients:          ¼ cup shredded rotisserie chicken          2-4 strawberries, sliced (or ¼ cup)          ½ cup spinach          1 Tbsp sliced almonds          1-2 Tbsp low carb or favorite light balsamic Vinaigrette/lemon poppy seed dressing or Greek yogurt ranch</p>	<ol style="list-style-type: none"> <li>1. In desired bowl or container top chicken, strawberries and almonds in a bed of spinach.</li> <li>2. When ready to serve, pour desired dressing on top of salad.</li> </ol>
<p>Optional Toppings          1 Tbsp feta cheese, low fat          1/8 avocado, sliced or diced</p>	<ol style="list-style-type: none"> <li>3. If desired, top salad with feta cheese or avocado. Enjoy!</li> </ol>

Recipe serves 1 Salad (With 1-2 Tbsp low carb balsamic vinaigrette)

Nutrition Facts for 1 Serving

Calories 194

Fat 11g

Carbohydrates 9g

Fiber 1g

Protein 18g

### Low Carb Balsamic Vinaigrette:

- ¼ cup balsamic vinegar
- 2 Tbsp olive oil
- ¼ -½ tsp dried basil
- ¼ tsp dried thyme
- 1 packet sugar substitute (i.e. stevia or Splenda)
- ¼ tsp garlic, minced
- Salt and pepper to taste

Mix all ingredients in a shaker bottle or desired container and store in the refrigerator till ready to use.