

Tuscan Chicken Salad

Yield: 1 serving

Ingredients:

1 ct.	5 oz. Boneless, Skinless Chicken Breast, thawed
1 tbsp.	Pan and Grill Oil
1 oz.	Organic Gourmet Greens
1 ½ oz.	Classic Italian Dressing
3 ct.	Asparagus Spears, blanched
1 ½ oz.	Tomatoes, diced
½ oz.	Red Peppers, diced
½ oz.	Yellow Bell Peppers, diced
¾ oz.	Fancy Shredded Parmesan Cheese



Directions:

Wash all fresh produce under cool running water, drain well. Brush the chicken breast with oil and grill to desired doneness. Place the gourmet greens in a stainless steel mixing bowl and toss with Italian dressing. Place the gourmet greens in the center of serving plate. Slice the chicken breast on a bias and place it on the gourmet greens. Place the asparagus spears on top of the salad. Sprinkle with diced tomato, red and yellow peppers, and shredded Parmesan cheese.