

Chicken Salad (serves 6)



servings: 1 protein, 1½ legume, 1 cat. 1 veg.

316 calories, 17 g carbohydrates, 32 g protein, 14 g fat per serving

- > 3-4 boneless, skinless chicken breasts (~1½ lb. [681 g]) OR 3-4 cups (420-560 g) leftover chicken
- > 2 cups (480 ml) chicken broth (not needed if using leftovers)
- > 1 medium yellow bell pepper, diced
- > 1 pint (1 lb. [454 g]) cherry tomatoes (sliced in half if large)
- > 1 cup (133 g) frozen baby peas, thawed
- > 1-1½ cups (240-360 g) hummus (roasted pepper flavor is particularly good)
- > 3 Tbsp. (11 g) chopped fresh basil or 2 tsp. (1 g) dried basil
- > Sea salt to taste
- > Freshly ground black pepper to taste

If not using leftover chicken, arrange uncooked chicken in a single layer in a shallow ovenproof pan and add broth to cover. Cover pan and bake about 30 minutes at 350° F (180° C). Remove from oven and cool in broth to room temperature. Cut chicken diagonally into bite-sized pieces. In a large bowl, combine all ingredients and toss well. Add salt and pepper to taste (may not need salt if hummus is salty). Serve on top of mixed greens.

TIP:

- Without mayonnaise, it's a safer food to take on a picnic!

Chicken Salad with Green Beans & Walnuts (serves 8)



servings: 2/3 protein, 1 nut/seed, 1 cat. 1 veg., 2 oil

290 calories, 8 g carbohydrates, 23 g protein, 19 g fat per serving

Salad:

- > 1½ lb. (680 g) fresh green beans, cut into thirds
 - > 1½ lb. (680 g) boneless, skinless chicken breast OR turkey breast
- > 1 cup (175 g) coarsely chopped walnut/pecan halves
- > 1/3 cup (20 g) chopped fresh parsley
- > ¼ tsp. (0.12 g) freshly ground black pepper

Dressing:

- > 3 Tbsp. (45 ml) vinegar (white wine or balsamic)
- > 1 Tbsp. (15 ml) Dijon mustard
- > Dash of sea salt
- > Grinding of fresh black pepper
- > ¼ cup (60 ml) olive oil
- > 1 Tbsp. (15 ml) sesame oil

Bake or poach chicken (or use leftovers) and cool to room temperature. Steam green beans until crisp yet tender then allow to cool. For the dressing, add first 4 ingredients to a small jar and shake; add oil and shake until well blended. Combine chicken, green beans, and salad ingredients in a large serving bowl. Drizzle with dressing and toss until all ingredients are well coated. Serve immediately.

Chicken & Zucchini Salad (serves 4-6)



servings: 1 protein, 1/3 nut/seed, 3 cat. 1 veg., 2 oil

303 calories, 13 g carbohydrates, 31 g protein, 15 g fat per serving

- > ¼ cup (60 ml) olive oil
- > ½ cup (120 ml) fresh lemon juice
- > Sea salt and freshly ground black pepper to taste
- > 1¾ lb. (794 g) zucchini, thinly sliced or grated
- > 1½ lb. (680 g) boneless, skinless chicken breasts
- > 1 bunch (~8 oz. [227 g]) spinach, chopped
- > 1 small bunch (~4 oz. [113 g]) arugula or leafy lettuce
- > 1 small/medium red onion, thinly sliced
- > ¼ cup (29 g) chopped walnuts or pecans
- > 3 Tbsp. (15 g) grated Parmesan cheese (DF: omit)
- > ¼ cup (10 g) chopped fresh basil

Bake chicken (or use leftovers) and cool to room temperature while preparing dressing. In a large bowl, whisk oil and lemon juice; season with salt and pepper. Add zucchini; toss to coat, and marinate for about 15 minutes. If chicken pieces are too large, cut into bite-sized pieces. Toss chicken with zucchini mixture, and add greens and onion. Garnish with nuts, cheese, and basil before serving.

Cobb Salad (serves 4)



servings: 1 protein, 3 oil, 3 cat. 1 veg.

325 calories, 11 g carbohydrates, 23 g protein, 21 g fat per serving (not including dressing)

- > 4 large eggs
- > 10 oz. (454 g) boneless, skinless chicken breasts, diced
- > 1 cup (120 g) steamed green beans, cut into 1" (2.5 cm) pieces
- > 2/3 cup (90 g) crumbled nonfat feta cheese
- > 2 medium tomatoes, chopped
- > 1/2 ripe avocado, diced or sliced
- > 4 scallions, chopped
- > 6 cups (200 g) mixed salad greens
- > **Balsamic/Red Wine Vinaigrette** (p. 41)

Prepare dressing as indicated in recipe or use leftover dressing (or other dressing of choice). Bake chicken and prepare green beans, or plan to have leftover chicken/green beans for this recipe. Place eggs in a saucepan and cover with cold water. Bring to a boil, uncovered. Allow to boil for 1 minute, then cover and remove from heat. Allow to sit for 10 minutes, then rinse under cold water to cool. Peel eggs and set aside. Arrange salad greens on 4 individual dinner plates. In a large bowl, mix veggies with eggs and cheese and place on top of greens. Dice chicken and mix with some dressing. Mound on top of greens. Drizzle dressing on top, saving any extras.

Cucumber-Yogurt Salad (serves 4 at ~3/4 cup [150 g] each)



servings: 1/2 dairy, 1 cat. 1 veg.

48 calories, 8 g carbohydrates, 4 g protein, 0.1 g fat per serving

- > 1 English cucumber, thinly sliced
- > 1/2 cup (80 g) very thinly sliced red onion
- > 1 clove garlic, minced
- > 3 Tbsp. (11 g) chopped fresh dill OR 3 tsp. (1.5 g) dried (plus more for garnish)
- > Pinch of sea salt
- > 1 cup (227 g) plain nonfat yogurt
- > 2-3 tsp. (10-15 ml) white wine vinegar or white balsamic vinegar
- > Freshly ground black pepper to taste

In a serving bowl, combine all ingredients except vinegar. Then stir in vinegar and add more salt as needed. Sprinkle pepper to taste and garnish with additional dill.

Festive Salad (serves 8 at ~1 cup [240 ml] greens and 1 cup [240 ml] veggies)



servings: 3 cat. 1 veg., 1/2 nut/seed, 1 1/2 oil

150 calories, 12 g carbohydrates, 6 g protein, 10 g fat per serving

- > 1/2 cup (58 g) chopped walnuts
- > 6 Tbsp. (90 ml) balsamic vinegar
- > 1 tsp. (5 ml) toasted sesame oil
 - > 1 ripe avocado, pitted, peeled, and cut into 1/2" (1.2 cm) chunks
- > 6 cups (200 g) romaine and mixed greens, torn into bite-sized pieces
- > 2 cups (298 g) diced ripe tomatoes or cherry tomatoes, halved
- > 1 cup (160 g) thinly sliced red onion
- > 1 yellow bell pepper, diced
- > 1/3 cup (67 g) sliced black olives
- > 1/2 lb. (226 g) nonfat feta cheese
- > 1/2 cup (21 g) basil leaves, chopped

In a heavy skillet, over medium heat, stir walnuts frequently until slightly browned, about 3 minutes. Pour into a large bowl and add vinegar and oils. Add remaining ingredients, stir well and add salt and pepper to taste.

