



Rotisserie Chicken & Strawberry Salad

Makes 4 servings. Recipe from Cooking Light.

Dressing Ingredients

1 tablespoon sugar
2 tablespoons red wine vinegar
1 tablespoon water
 $\frac{1}{8}$ teaspoon salt
 $\frac{1}{8}$ teaspoon freshly ground black pepper
2 tablespoons extra-virgin olive oil

Salad Ingredients

4 cups torn romaine lettuce
4 cups arugula
2 cups quartered strawberries
 $\frac{1}{3}$ cup vertically sliced red onion
12 ounces skinless, boneless rotisserie chicken breast, sliced
2 tablespoons unsalted cashews, halved
 $\frac{1}{2}$ cup (2 ounces) crumbled blue cheese

Nutritional info

Calories: 333
Total Fat: 16g
Protein: 32g
Carbohydrates: 15g
Cholesterol: 83mg
Sodium: 347mg
Dietary Fiber: 3.5mg

Directions

1. To prepare dressing, combine first 5 ingredients in a small bowl. Gradually drizzle in oil, stirring constantly with a whisk.
2. To prepare salad, combine romaine and next 4 ingredients (through chicken) in a bowl; toss gently.
3. Place about 2 cups chicken mixture on each of 4 plates.
4. Top each serving with 1 1/2 teaspoons cashews and 2 tablespoons cheese.
5. Drizzle about 4 teaspoons dressing over each serving.