

# Mixed Salad with Balsamic Vinaigrette

Adapted from: Kara Menefee  
Category: Salad

Servings: 2  
Prep time: 15 minutes

## Ingredients

- 3 cups baby organic spinach
- 3 cups chopped organic romaine lettuce
- ¼ cup chopped red onion
- ½ small cucumber, peeled and sliced
- ½ cup cooked lima beans
- ½ cup alfalfa sprouts
- 8 oz cooked chicken breast, diced
- ¼ cup sun dried tomatoes
- ¼ cup chopped red bell pepper
- ¼ cup chopped orange bell pepper
- 1 teaspoon garlic powder
- 1 teaspoon black pepper
- 3 Tablespoons balsamic vinegar
- 1 Tablespoon extra-virgin olive oil
- 2 Tablespoons crumbled feta cheese
- ¼ cup chopped cilantro, if desired

## Instructions

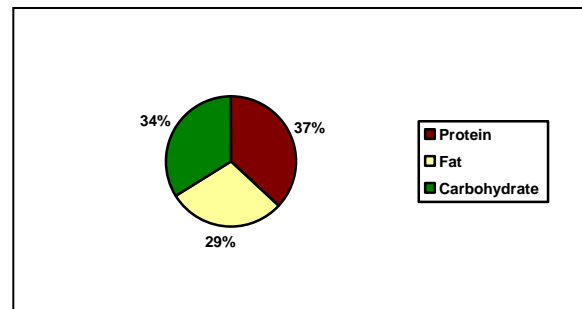
Add together spinach, romaine lettuce, red onion, cucumber, lima beans, alfalfa sprouts, sundried tomatoes, red and orange bell pepper, feta cheese and cilantro into a large salad bowl. Add diced chicken, garlic powder, black pepper, balsamic vinegar and olive oil to bowl and toss until the salad is evenly coated with dressing.

Additional option: Substitute diced chicken for 8 large boiled wild shrimp.\*

## Nutritional Facts Per Serving

*With diced chicken:*

Serving Size: ½ of salad  
Sugar:Fiber = 1:1  
Mono:Sat = 2:1  
Calories: 320  
Carbohydrates (g): 28  
Fat (g): 11  
Cholesterol (mg): 65  
Protein (g): 30  
Sodium (mg): 710



*\*With boiled shrimp:*

Serving Size: ½ of salad  
Sugar:Fiber = 1:1  
Mono:Sat = 2:1  
Calories: 240  
Carbohydrates (g): 28  
Fat (g): 10  
Cholesterol (mg): 50  
Protein (g): 13  
Sodium (mg): 450

