

Roasted Chicken and White Bean Salad

Adapted from: AICR
Category: Salad

Servings: 6
Prep time: 10 minutes

Ingredients

2 cups boneless, skinless rotisserie chicken, coarsely chopped	
2 (16 oz) cans unsalted cannellini beans	1 Tablespoon fresh lemon juice
½ cup celery, small dice	2 teaspoons Dijon mustard
1 cup tomato, chopped and seeded	2 garlic cloves, minced
½ cup red onion, thinly sliced	½ teaspoon Italian seasoning
1 Tablespoon red wine vinegar	¼ teaspoon freshly ground pepper
2 Tablespoons extra virgin olive oil	6 romaine leaves, rinsed and drained
⅓ cup fresh basil, coarsely chopped	

Instructions

Place first 5 ingredients (chicken through onion) in mixing bowl, and gently toss to combine.

Combine next 7 ingredients (vinegar through pepper) in mixing bowl and stir with whisk. Pour olive oil in last while whisking the dressing to create a rich consistency. Drizzle over chicken mixture and gently toss to coat.

Serve over romaine lettuce, and garnish with fresh basil.

Nutritional Facts Per Serving

Serving Size: 2 cups

Sugar:Fiber = 1:2.5
Mono:Sat = 3:1
Calories: 270
Carbohydrates (g): 25
Fat (g): 8
Cholesterol (mg): 45
Protein (g): 26
Sodium (mg): 360

