



Healthy Food In Hospitals

Mediterranean Chopped Salad with Grilled Chicken

Category: Main Dish/ Salad
Yield: 14

Ingredients

- 14 raw, skinless, boneless chicken breasts (3 oz each)
- 5 fresh chopped tomatoes
- 5 fresh chopped cucumbers
- 2½ chopped red bell peppers
- 5 greens onions, bias cut (see chef tips for directions on bias cut)
- 2½ cups romaine lettuce, chopped
- 1/4 cup+ 1 tbsp. fresh, chopped parsley
- 1/4 cup+ 1 tbsp. olive oil
- 1/2 cup+ 2 tbsp. fresh lemon juice
- 1¾ tsp. salt, divided
- 3 tsp. ground black pepper, divided



Nutrition Facts

Serving Size	2 cups salad, topped w/ 3 oz chicken
Calories	245
Fat (g)	10
Saturated Fat (g)	n/a
Sodium (mg)	468
Carbohydrate (g)	11
Protein (g)	28

Instructions

Chicken:

Pre-heat grill to medium high heat. Season the chicken with 1/2 teaspoon salt and 1/2 teaspoon pepper . Place chicken onto the grill and cook for approximately 4 minutes on each side. Place the chicken on a sheet pan and place in a pre-heated 350°F oven until the chicken is cooked through and the internal temperature reaches 165°F degrees. Do not let the chicken dry out. Chill in the cooler, slice and serve.

Salad:

Toss all vegetables in a large bowl. Drizzle with olive oil and lemon juice and season with remaining salt and pepper. Top with grilled chicken.

Chef Tips:

- Bias cut is a technique used to cut vegetables at a 45° angle. This cut allows for shorter cooking time.
- To perform a bias/ diagonal cut, first peel and trim the vegetable. Then place on a cutting board and hold the blade so it cuts the food at an angle, the sharper the angle, the longer the cut surface will be. Continue making cuts along the vegetable to create uniform pieces.