

SUN DRIED TOMATO CHICKEN SALAD



SERVING SIZE

6



INGREDIENTS

ITEM

Rotisserie chicken, chopped or shredded (or cooked chicken of choice)

Sun-dried tomatoes, chopped

Red onion, chopped

Baby spinach, chopped

QUANTITY

4 cups

$\frac{1}{4}$ cup

$\frac{1}{4}$ cup

1 cup

ITEM

Extra-virgin olive oil

Fresh lemon juice

Garlic powder

Salt

Black pepper

QUANTITY

1½ tbsp.

$\frac{1}{4}$ cup (from 1 large or 2 small lemons)

$\frac{1}{2}$ tsp.

$\frac{1}{4}$ tsp. (more to taste)

$\frac{1}{4}$ tsp. (more to taste)



PREPARATION

- In a large bowl, add chopped or shredded chicken.
- Add sun-dried tomatoes, red onion, and chopped spinach. Toss gently to combine.
- In a small bowl, whisk together olive oil, lemon juice, garlic powder, salt, and black pepper.
- Pour the dressing over the chicken mixture and toss until evenly coated.
- Taste and adjust seasoning if needed.
- Serve immediately or chill for 15-20 minutes before serving for best flavor.