

SUN DRIED TOMATO CHICKEN SALAD



SERVING SIZE

6



INGREDIENTS

ITEM

QUANTITY

Rotisserie chicken, chopped or shredded (or cooked chicken of choice)	4 cups
Sun-dried tomatoes, chopped	¼ cup
Red onion, chopped	¼ cup
Baby spinach, chopped	1 cup

ITEM

QUANTITY

Extra-virgin olive oil	1½ tbsp.
Fresh lemon juice	¼ cup (from 1 large or 2 small lemons)
Garlic powder	½ tsp.
Salt	¼ tsp. (more to taste)
Black pepper	¼ 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.