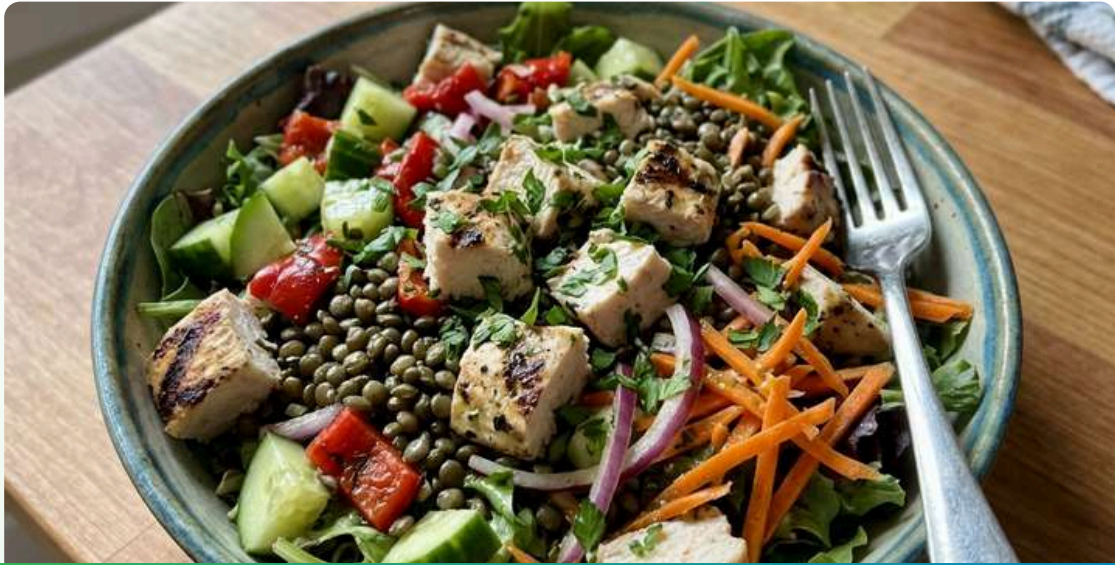




CHICKEN LENTIL CRUNCH SALAD

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Grilled Chicken Breast, Chopped	8 Oz.	Fresh Parsley for Garnish	
Cooked Lentils	1 Cup	Olive Oil	2 Tbsps.
Mixed Greens	4 Cups	Juice	1 Lemon
Cucumber, Chopped	½ Cup	Dijon Mustard	1 Tsp.
Roasted Red Peppers, Chopped	½ Cup	Dried Oregano	1 Tsp.
Shredded Carrots	¼ Cup	Fresh Parsley, chopped	1 Tbsp.
Red Onion, Diced	¼ Cup	Salt and Pepper, to taste	
SERVING SIZE	1		

PREPARATION

- Prepare the dressing by whisking together olive oil, lemon juice, Dijon mustard, oregano, parsley, salt, and pepper.
- Add mixed greens, lentils, cucumber, red onion, roasted red peppers, and carrots to a large bowl.
- Toss the salad ingredients with the lemon herb dressing.
- Divide the salad into two portions.
- Top each serving with chopped grilled chicken.