

Right for Tonight™ Healthy Meals

Cherry-Chicken Salad



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Cherry-Chicken Salad

Prep Time: 5 minutes

Cook Time: 20 minutes*

Easy Recipe:

- 4 (5- to 6-oz.) boneless, skinless chicken breasts
- 1 (6-oz.) bag mixed salad greens
- ¼ cup dried cherries
- 1 to 2 celery stalks, thinly sliced
- 2 to 3 green onions, thinly sliced
- ¼ cup roasted, shelled pistachios
- ¼ to ⅓ cup light poppy seed dressing

Easy Steps:

1. Coat a large grill pan or nonstick skillet with nonstick cooking spray; place over medium heat. Season chicken with pepper to taste. Place chicken in pan; cook 8 to 10 minutes per side or until an instant-read thermometer registers 165°F. Let stand 5 minutes. Thinly slice; set aside.

2. Meanwhile, in a large bowl combine salad greens, cherries, celery, green onions and pistachios. Drizzle with dressing; toss to coat.
3. Place salad on 4 salad plates. Top each salad with sliced chicken, and serve.

Serves 4

Per Serving: 255 calories, 7g fat, 1g saturated fat, 75mg cholesterol, 270mg sodium, 14g carbohydrate, 2g fiber, 32g protein

Make it a meal: Serve with whole-grain bread.

*5 minutes stand time extra



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