



Greek Chicken Salad with White Beans

4 Servings • 1 Serving = 2 cups

Recipe developed by Connie Guttersen, RD, PhD

INGREDIENTS

- ¼ cup sun-dried tomatoes, diced or chopped
- Boiling water, as needed
- ¼ cup lemon juice
- ¼ cup olive oil
- Salt and freshly ground black pepper, to taste
- 8 cups mixed salad greens, torn
- 2 cups cooked skinless chicken breast, sliced
- 1 cup canned cannellini beans, rinsed and drained
- ¼ cup feta cheese, crumbled
- ¼ cup toasted almonds, slivered

DIRECTIONS

1. Place sun-dried tomatoes in a small bowl. Add enough boiling water to cover; let stand for 5 minutes. Drain well.
2. In a small bowl or mason jar, combine lemon juice and olive oil. Season with salt and pepper, then whisk well.
3. In a large bowl, combine salad greens, chicken, cannellini beans, feta cheese, and almonds. Gently mix to combine.
4. Add drained tomatoes and vinaigrette. Season with salt and pepper and toss to combine.

Nutrition Facts	
4 servings per container	
Serving size	2 cups
Amount per serving	
Calories	430
% Daily Value*	
Total Fat 24g	31%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 85mg	28%
Sodium 280mg	12%
Total Carbohydrate 21g	8%
Dietary Fiber 8g	29%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 31g	
Vitamin D 0mcg	0%
Calcium 174mg	15%
Iron 3mg	15%
Potassium 662mg	15%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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