

Rotisserie Chicken Salad

Makes 4 servings

- 1/2 a rotisserie chicken
- 1 head Boston lettuce
- 1 red bell pepper chopped as desired
- 1 peeled medium cucumber seeded and chopped
- 1/2 cup Lime parsley vinaigrette



Wash vegetables well, dry, and slice as desired. Remove meat from half the chicken and chop or shred into bite sized pieces. Remove lettuce leaves from head and rip into bite sized pieces. Arrange salad with 1/4 of each ingredient on each plate and top with 2 T each of the dressing.

Nutrition information per serving: 330 calories, 15g fat (3g saturated fat), 40g protein, 3g dietary fiber, 470mg sodium. Excellent source of vitamins A and C. Good source of iron.

