

## Mediterranean Chicken Salad

When you're grilling or broiling chicken breasts, cook some extra pieces to use in this salad. Or if you prefer, pick up some packaged cooked chicken breast strips or cubes at the supermarket.

**SERVINGS: 6 servings (about 1-1/2 cup)**

**CARB GRAMS PER SERVING: 23**

### Ingredients

- 1/3 cup lemon juice
- 2 tablespoons snipped fresh mint
- 2 tablespoons snipped fresh basil
- 2 tablespoons olive oil
- 1 tablespoon honey
- 1/4 teaspoon ground black pepper
- 5 cups shredded romaine lettuce
- 2 cups cut-up cooked chicken breast
- 2 plum tomatoes, cut into wedges
- 1 15-ounce can garbanzo beans (chickpeas), rinsed and drained
- 2 tablespoons pitted kalamata olives, quartered (optional)
- 2 tablespoons crumbled reduced-fat feta cheese
- Whole kalamata olives (optional)

### Directions

- 1.** For dressing: In a screw-top jar, combine lemon juice, mint, basil, oil, honey, and pepper. Cover and shake well.
- 2.** Place lettuce on a large platter. Top with chicken, tomatoes, beans, the quartered olives (if using), and cheese. Drizzle with dressing. If desired, garnish individual servings with whole olives.



### Nutrition Facts

**Servings: 6 (About 1-1/2 cup)**

<b>Calories</b>	<b>237</b>
<b>Total Fat</b>	<b>8g</b>
<b>Saturated Fat</b>	<b>1g</b>
<b>Monounsaturated Fat</b>	<b>4g</b>
<b>Polyunsaturated Fat</b>	<b>1g</b>
<b>Cholesterol</b>	<b>41mg</b>
<b>Sodium</b>	<b>292mg</b>
<b>Carbohydrate</b>	<b>23g</b>
<b>Total Sugar</b>	<b>8g</b>
<b>Fiber</b>	<b>5g</b>
<b>Protein</b>	<b>20g</b>
<b>Vitamin C</b>	<b>44 (DV%)</b>
<b>Calcium</b>	<b>6 (DV%)</b>
<b>Iron</b>	<b>13 (DV%)</b>

### Diabetic Exchanges

<b>Starch (d.e.)</b>	<b>1</b>
<b>Vegetables (d.e.)</b>	<b>1</b>
<b>Very Lean Meat (d.e.)</b>	<b>2</b>
<b>Fat (d.e.)</b>	<b>1.5</b>