

Spring Salad



This spring salad is simple and refreshing and incredibly easy to throw together for lunch or dinner.

Ingredients

- 2 cups chopped romaine
- 1/3 cup blue cheese dressing
- 1/2 cup blueberries
- 1/4 cup chopped walnuts
- 2 oz. crumbled feta cheese
- 8 oz. grilled chicken breast, sliced

Directions

1. Divide the lettuce between two serving bowls and set them aside.
2. Divide the salad dressing in half and pour it over the lettuce in the bowls.
3. Next, divide the toppings (blueberries, walnuts, feta cheese and grilled chicken) between the two bowls.
4. Toss it all together as desired and enjoy!

PER SERVING

Serves two; serving size is one salad. Each serving provides:

556 calories, 37 g total fat (8 g saturated fat, less than 1 g trans fat), 115 mg cholesterol, 749 mg sodium, 11 g total carbohydrate, 3 g dietary fiber, 7 g sugar and 45 g protein.

