

GlucoMen

Recipes

Italian Chicken Salad

Serves 4

Ingredients

1 tbsp extra virgin olive oil
Juice of ½ a lemon
4 small chicken breasts (no skin)
175g mixed salad leaves
4 ripe tomato's cut into wedges
1 red pepper
4 canned artichoke hearts cut into quarters
½ red onion cut in half and sliced into rings
A handful of fresh basil leaves roughly chopped
4 slices of Parma ham
20g of parmesan cheese
100g buffalo mozzarella cut into large pieces

Method

1. Heat the oven to 200F/Gas 6
2. Place chicken breasts in a roasting tin and roast for 20min or until the meat is golden and cooked
3. Whilst the chicken is cooking, place all the salad ingredients except the parmesan cheese and Parma ham into a large bowl
4. Drizzle the lemon juice mixed with 1 tbsp olive oil over the salad
5. Slice the cooked chicken into thin strips and place them on top of the salad with the Parma ham and parmesan cheese
6. Add salt & black pepper to season if required

Nutritional Content	Per portion	Traffic Light colour
Energy (kcal)	325	x
Carbohydrate (g)	9	x
Sugars (g)	8	Green
Fat (g)	17.5	Amber
Saturated fat (g)	6	Amber
Salt (g)	2	Amber