Dinner Tonight!

Grilled Chicken Spinach Salad

4 boneless skinless chicken breasts (grilled)
2 cups broccoli florets (fresh or frozen)
1 Tablespoon olive oil
4 cups baby spinach leaves
½ cup thinly sliced red onions
1 can (8 ounces) unsweetened pineapple chunks, drained except for 2 Tablespoons juice

For the vinaigrette:
¼ cup olive oil  2 Tablespoons balsamic vinegar
2 teaspoons sugar  ¼ teaspoon ground cinnamon

Cut each grilled chicken breast into cubes and set aside. In a large, nonstick frying pan, heat the olive oil over medium heat. Add the broccoli florets and stir fry until tender. In a large serving bowl, combine the cooked chicken, pineapple chunks, broccoli, spinach and onions.

To make the dressing, whisk together the olive oil, vinegar, reserved pineapple juice, sugar and cinnamon in a small bowl. Pour over the salad. Toss gently to coat evenly. Serve.

Preparation Time: 20-30 minutes
Serves: 8
Cost per serving: $1.15

Nutrition Facts per serving
Calories: 181
Total Fat: 9 g
Cholesterol: 41 mg
Sodium: 75 mg
Total Carbohydrate: 8 g
Fiber: 2 g
Protein: 17 g

Serve with: Whole grain roll