



## Grilled Chicken and Tomato Salad

This salad recipe may sound ordinary, but you'll think otherwise once you taste the fresh produce and flavorful goat cheese in every bite.



Photo by: Photo: John Autry;  
Styling: Mindi Shapiro Levine

**YIELD:** 4 servings (serving size: 1 salad)

**TOTAL:** 20 MINUTES

**COURSE:** Salads

### Ingredients

4 (6-ounce) skinless, boneless chicken breast halves

1/4 teaspoon salt

1/4 teaspoon black pepper

Cooking spray

5 cups arugula

1 cup halved multicolored cherry tomatoes

1/4 cup thinly sliced red onion

1/4 cup olive oil and vinegar salad dressing, divided

10 pitted kalamata olives, chopped

1/2 cup crumbled goat cheese

### Preparation

1. Heat a large grill pan over medium-high heat. Sprinkle chicken with salt and pepper. Coat pan with cooking spray. Place chicken in pan; cook 6 minutes on each side or until done.

2. While chicken cooks, combine arugula, tomatoes, onion, 3 tablespoons dressing, and olives; toss gently. Arrange about 1 cup salad on each of 4 plates; top each with 2 tablespoons cheese. Brush chicken with remaining 1 tablespoon dressing. Cut chicken into slices. Arrange 1 sliced chicken breast half on each salad.

### Nutritional Information

Amount per serving

Calories: 305

Fat: 15.9g
Saturated fat: 4.6g
Monounsaturated fat: 7.1g
Polyunsaturated fat: 1.4g
Protein: 33.6g
Carbohydrate: 5.2g
Fiber: 1g
Cholesterol: 85mg
Iron: 1.7mg
Sodium: 581mg
Calcium: 102mg

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