

Brianna's Summer Salad (THM S or XO)

Single Serve

Ingredients:

- 1 chicken breast
- 1/4 tsp of mineral salt
- 1/4 tsp of black pepper
- 1/4 tsp of garlic powder
- 1 to 2 cups of romaine lettuce or salad mix
- 2 Tbsp goat cheese
- 3-4 chopped strawberries (or other fruit as pictured for XO)
- 1 Tbsp Easy Balsamic Glaze (or sugar free balsamic vinegar if you like it to be less sweet)

Directions:

Season your chicken breast with salt, pepper, and garlic powder and cook in a pan over medium high. Chop then set aside.

In a large bowl or dinner plate, place lettuce, goat cheese, and fruit. Add the chopped chicken, and drizzle with the balsamic glaze.

Enjoy!