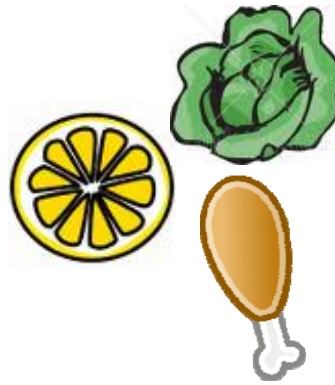


Lemon Chicken Salad

4 servings

What you need:

1 small head of green leaf lettuce
4 boneless, skinless chicken breasts
Juice of 1 lemon
1 tbsp. oil
1 tbsp. freshly chopped tarragon
Salt and pepper to taste
Vinaigrette salad dressing to taste



All you do:

1. Wash and dry the lettuce. Tear into small pieces and set aside.
2. Slice chicken breasts into strips and then cut strips into small pieces.
3. Heat oil in a medium-sized pan, add the chicken, and cook for 4 to 5 minutes until the chicken is lightly browned.
4. Add lemon juice, tarragon, and salt and pepper to taste. Cook for another 4 to 5 minutes until chicken is tender.
5. Toss the lettuce with the vinaigrette dressing. Add chicken, lemon, and tarragon mixture and toss. Serve immediately.

Nutritional Information: 327 Calories, 10g Fat, 54g Protein, 2g Carbohydrate, 134 mg Sodium