Ingredients

2 teaspoons paprika

1 teaspoon onion powder

1 teaspoon garlic powder

1/2 teaspoon salt

1/2 teaspoon pepper

1/2 teaspoon dried oregano

1/2 teaspoon dried thyme

1/4 teaspoon cayenne pepper

1-1/2 pounds Boneless Skinless Chicken Breasts

1 package (10 ounces) Italian-blend salad greens

4 plum tomatoes, thinly sliced

1 medium sweet red pepper, julienned

1 cup seasoned salad croutons

1/2 to 3/4 cup salad dressing of your choice

Calories 424 Sodium 0 mg

Total Fat 9 g Potassium 0 mg

Saturated 0 g Total Carbs 39 g

Polyunsaturated 0 g Dietary Fiber 5 g

Monounsaturated 0 g Sugars 0 g

Trans 0 g Protein 48 g

Cholesterol 0 mg

Vitamin A 0% Calcium 0%

Vitamin C 0% Iron 0%

Move over bland, mundane salad! This blackened chicken recipe has some serious KICK!! If you are looking for a spicy way to switch up your regular salad, try this easy recipe for blackened chicken. It is simple and quick to make, and I promise you will enjoy every flavorful bite!

To assemble the salad, simply pile your lettuce with as many fresh vegetables as you’d like and your preferred creamy dressing. I served this chicken on top of a bed of spring mix, tomatoes, cucumbers, and a drizzle of a yogurt-based ceasar parmigiano dressing. Bolthouse Farms makes one that is delicious, and because it is yogurt-based it is significantly lower in fat and calories than regular ceasar dressing! Instead of 170 calories and a whopping 19g of fat, the yogurt dressing is 45 calories and 2.5g of fat. The best part? The yogurt is absolutely undetectable. It passed what I may begin referring to as “The Husband Test”: if he can’t tell it’s healthy and he loves it, that product is a winner!

Make this chicken the next time you feel in a rut with your salad routine! Feel free to be creative with your additions and let me know what you think!