

ORGANIC Gardening

Published on *Organic Gardening* (<http://www.organicgardening.com>)

Leafy Grilled Chicken Salad With Creamy Balsamic Dressing



Serves: 4

Ingredients

- 1/2 cup canned no-salt-added great northern beans, rinsed and drained
- 1/4 cup extra virgin olive oil
- 3 tbsp balsamic vinegar
- 2 large cloves garlic
- 8 large fresh basil leaves
- 5 oz mixed baby greens
- 1 1/2 cups grilled chicken breast strips
- 1/4 large red onion, thinly sliced (1/4 cup)
- 1 cup grape tomatoes or halved cherry tomatoes
- 1/8 teaspoon salt

Directions

1. Puree beans, oil, vinegar, garlic, basil, and 1/8 teaspoon salt in blender until smooth (makes 1 cup).
2. Divide greens evenly among 4 plates and top with chicken, onion, and tomatoes.
3. Drizzle each serving with 1/4 cup of the dressing.

Nutritional Facts per serving

Calories 257.9 cal

Fat 15.9 g

Saturated Fat 2 g

Cholesterol 33.8 mg

Sodium 398.2 mg

Carbohydrates 11.7 g

Total Sugars 3.7 g

Dietary Fiber 3.4 g

Protein 16.7 g

Healthy Recipe Courtesy of Rodale [Healthy Recipe Finder](#).

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Links:

[1] <http://recipes.rodale.com/homepage.aspx>