



Green Goddess Salad with Chicken

Ingredients *Serves 1*

Dressing

1 avocado, peeled and pitted
2 tablespoons rice vinegar
1 ½ cups buttermilk
¼ cup fresh chopped herbs
½ teaspoon salt

Dressing

3 cups chopped romaine lettuce
1 cup sliced cucumber
3 ounces sliced (or diced) cooked boneless, skinless chicken breast
6 cherry tomatoes, halved if desired
½ cup diced low-fat Swiss cheese (2 ounces)

Preparation *Total Time: 15 minutes*

STEP 1: To prepare dressing: Place avocado, buttermilk, herbs, vinegar, and salt in a blender and puree until smooth. (Makes about 1 ¾ cups dressing.)

STEP 2: To prepare salad: Toss lettuce and cucumber in a bowl with 1 tablespoon of the dressing. Top with chicken, cheese, and tomatoes. (Refrigerate the extra dressing for up to 3 days.)

Nutrition *Per Serving*

296 Calories, Total Fat: 7 g, Saturated Fat: 3 g, Cholesterol: 83 mg, Carbohydrates: 14 g, Fiber: 6 g, Total Sugars: 7 g, Added Sugars: 0 g, Protein: 43 g, Sodium: 240 mg, Potassium: 1045 mg, Folate: 236 mcg

Calcium: 634 mg