



Grilled Chicken Spinach Salad

1 serving
Net Wt:

Ingredients	Preparation
1 cup of salad mix (romaine, iceberg and carrot mix)	In a large bowl mix salad greens and tomatoes
½ cup of spinach	Sprinkle chicken on top of greens
A few cherry tomatoes	Toss salad and add in light salad dressing or balsamic vinegar & olive oil.
3 ounces of chicken (grilled or boiled) Light Salad Dressing or olive oil & balsamic vinegar	Enjoy! ~ 330 calories & 24 grams of protein

Food 4 Thought
Santa Ana 92705



Grilled Chicken Spinach Salad

***Salad Greens:** Are low in calories

***Spinach:** Is a good source of calcium, vitamin A & vitamin C

***Spinach:** Has lutein to help maintain eye health

***Tomatoes:** May reduce the risk of certain types of cancer

Chicken: Is a good source of protein which the human body needs

Fun Fact: Diets rich in fruits and vegetables may reduce the risk of some types of cancer and diseases!

* Studies have shown these items may improve chronic disease

For more information contact

Maria Galvan, R.D. Nutrition Specialist

maria.galvan@sausd.us

