

Chicken & Orange Garden Salad

Prep Time: 10 Min **Cook Time:** 10 Min **Total Time:** 20 Min
Serves 1

Ingredients

100 g chicken breast - raw, boneless, skinless

2 cups lettuce

1 medium radish

1/2 cup chopped cucumber

1 stalk chopped celery

1/2 tomato

1-2 Tbsp salad dressing

1 orange

Instructions

- 1 Grill chicken breast until no longer pink inside.
- 2 In a large bowl place lettuce, chopped radish, tomato, cucumber and celery
- 3 Toss salad with a 0 calorie dressing of your choice or a splash of lemon juice or vinegar
- 4 Top with orange segments

Notes

This recipe could easily be used in Phase 3 and by adding 1 tbsp walnuts & using an oil dressing of your choice (with no sugar) you can increase the flavour & the number of calories.

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