

# *Tasty Mayo-free Chicken Salad*

*Nutritional information on back.*



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## *Tasty Mayo-free Chicken Salad*

- ¾ lb. baked or grilled chicken breasts
- 2 Tbsp. extra virgin olive oil
- 1 tsp. dried oregano
- Juice of ½ a lemon
- 1 2.2-ounce can (½ cup) black olives, pitted and roughly chopped
- 1 Tbsp. tiny capers, well-rinsed and drained
- 10 cherry tomatoes, halved
- Salt and pepper to taste
- 1 cup thin green beans, cooked, drained, and cooled
- Romaine lettuce leaves, for serving bed (whole wheat pita bread for sandwiches optional)
- 2 Tbsp. chopped parsley

Cut chicken into bite-sized pieces. Place in a bowl and combine with oil, oregano and lemon juice. Let stand for about 1 hour. Toss the chicken mix with olives,



capers, tomatoes and green beans. Season to taste with salt and pepper.  
Arrange the salad on the romaine leaves. Sprinkle with parsley and serve.  
This recipe would also work on whole-wheat pita bread. Makes 4 servings.

*Nutritional information per serving*

240 calories, 12 g total fat (2 g saturated fat), 6 g carbohydrate, 27 g protein,  
2 g dietary fiber, 280 mg sodium.