



Beets Me Shredded Chicken Salad



Entire recipe: 335 calories, 8.5g total fat (2g sat. fat), 579mg sodium, 31.5g carbs, 7g fiber, 21g sugars, 32g protein

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Prep: 15 minutes **Cook:** 25 minutes

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Ingredients

- 4 oz. raw boneless skinless chicken breast
- Dash garlic powder
- Dash onion powder
- Dash each salt and black pepper
- 3 cups roughly chopped romaine lettuce
- 1/3 cup finely chopped Granny Smith apple
- 1/3 cup chopped cooked beets (freshly cooked or previously canned/packaged and drained)
- 2 tbsp. finely chopped sweet onion
- 2 tbsp. crumbled reduced-fat feta cheese
- 2 tbsp. sweetened dried cranberries, chopped
- 1/4 oz. (about 1 tbsp.) sliced almonds

Directions

Preheat oven to 375 degrees. Lay a large piece of heavy-duty foil on a baking sheet, and spray with nonstick spray.

Place chicken on the center of the foil, and sprinkle with seasonings. Cover with another large piece of foil. Fold together and seal all four edges of the foil pieces, forming a well-sealed packet.

Bake for 25 minutes, or until chicken is cooked through.

Meanwhile, place lettuce on a large plate or in a large bowl.

Cut packet to release hot steam before opening entirely. Transfer chicken to a medium bowl. Shred using two forks.

Add shredded chicken to the plate/bowl. Top with remaining ingredients.

MAKES 1 SERVING

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