



## Fab Broccoli Salad



Entire recipe: 344 calories, 13.5g total fat (2g sat. fat), 536mg sodium, 24g carbs, 8g fiber, 6.5g sugars, 34.5g protein

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**Prep:** 15 minutes    **Cook:** 20 minutes

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## Ingredients

### Salad

3 cups small broccoli florets  
One 4-oz. raw boneless skinless chicken breast cutlet  
1/8 tsp. garlic powder  
1/8 tsp. onion powder  
3/4 cup chopped romaine lettuce  
3 tbsp. drained and roughly chopped roasted red peppers (previously packed in water)  
2 tbsp. sliced black olives

### Dressing

1 1/2 tbsp. white wine vinegar  
1 1/2 tsp. olive oil  
3/4 tsp. chopped garlic  
1/2 tsp. grated Parmesan cheese  
Dash dried basil  
Dash dried parsley  
Dash dried oregano  
Dash each salt and black pepper

## Directions

Bring a medium-large pot of water to a boil. Fill a medium-large bowl with ice and cold water.

Add broccoli to the pot, and cook until bright green and crisp-tender, 30 - 45 seconds. Using a slotted spoon, immediately transfer to the ice water.

Pound chicken to 1/2-inch thickness. Season with garlic powder and onion powder. Bring a grill pan (or skillet) sprayed with nonstick spray to medium heat. Cook chicken for about 4 minutes per side, until cooked through.

Meanwhile, in a small bowl, combine all dressing ingredients. Whisk until uniform.

Once cool, drain broccoli and pat dry. Transfer to a large bowl.

Add remaining salad ingredients, and toss to mix.

Slice chicken, and place over salad. Drizzle dressing over salad, or serve on the side.

### MAKES 1 SERVING

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