



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

Green Plan [SmartPoints](#)® value 5*

Blue Plan (Freestyle™) [SmartPoints](#)® value 3*

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



Tagged: [Lunch & Dinner Recipes](#), [Single Serving](#)

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

[SmartPoints](#)® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

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