



Margherita Grilled Chicken Salad



Entire recipe: 294 calories, 9.5g total fat (2.5g sat fat), 783mg sodium, 14.5g carbs, 4g fiber, 7.5g sugars, 35g protein

Blue Plan (Freestyle™) SmartPoints® value 3*

Prep: 10 minutes **Cook:** 10 minutes

Tagged: [Lunch & Dinner Recipes](#), [Single Serving](#), [30 Minutes or Less](#)

Ingredients

One 4-oz. raw boneless skinless chicken breast cutlet
Dash each salt and black pepper
3 cups chopped romaine lettuce
1/2 cup chopped cucumber
1/4 cup chopped tomato
3 tbsp. drained and roughly chopped roasted red peppers (previously packed in water)
1 stick light string cheese, sliced into coins
1 tbsp. finely chopped fresh basil
2 tbsp. light balsamic vinaigrette dressing

Directions

Pound chicken to an even thickness. Season with salt and pepper. Bring a grill pan (or skillet) sprayed with nonstick spray to medium heat. Cook for about 4 minutes per side, until cooked through.

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

Slice or chop chicken, and add to the plate/bowl. Top with all remaining ingredients *except* dressing.

Drizzle with dressing, or serve it 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.)

*The **SmartPoints®** values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the **SmartPoints®** trademark.