



Strawberry Feta Spinach Salad with Chicken



Entire recipe: 275 calories, 9g total fat (2g sat fat), 755mg sodium, 14.5g carbs, 3.5g fiber, 8g sugars, 32g protein

Green Plan [SmartPoints](#)® value 5*

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

Purple Plan [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 roughly chopped spinach
1/2 cup chopped cucumber
1/3 cup sliced strawberries
2 tbsp. crumbled reduced-fat feta cheese
1 tbsp. finely chopped red onion
2 tbsp. light vinaigrette dressing

Directions

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

Meanwhile, place spinach 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.)

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