



Chopped Chicken Caesar with Feta & Dill

Makes 2 Servings

- One 8-ounce head romaine lettuce, coarsely chopped (about 5 cups)
- 1/2 cup diced peeled cucumber
- 1/4 cup crumbled feta cheese
- 2 tablespoons creamy Caesar salad dressing
- 1 tablespoon chopped fresh dill
- Freshly ground black pepper
- 8 ounces roasted or grilled skinless chicken, sliced
- 3/4 cup whole wheat seasoned croutons

Combine the lettuce, feta cheese, dressing, and dill in a large bowl and toss to coat evenly with the dressing. Season with pepper to taste, and top with the chicken and croutons.

Nutrition Information per Serving: 370 calories, 19g fat (5g saturated), 125mg cholesterol, 230mg sodium, 5g carbohydrate, 1g fiber, 40g protein, 70% vitamin A, 25% vitamin C