**Chicken Linguine Florentine Salad**

**Serving Size:** 1 chicken breast with salad  
**Serves:** 6

**Ingredients**

**Marinade/Dressing**
- 1 cup extra virgin olive oil
- 4 tablespoons balsamic vinegar
- Juice of one lemon
- 1 clove garlic, minced
- 2 tablespoons fresh thyme, finely diced
- 1 teaspoon coarse black pepper
- Pinch of salt

6 boneless chicken breasts

**Salad**
- 3 cups linguine pasta cooked al dente according to package instructions and chilled.
- 2 tablespoons chopped walnuts
- 1 cup cherry tomatoes, sliced
- 6 jumbo black olives, sliced
- 1 tablespoon fresh Italian parsley, finely diced
- ¼ cup feta cheese
- Half dressing reserved from above
- 2 cups fresh spinach

**Directions**

Combine and mix marinade ingredients. Reserve half for dressing. Marinate the chicken for 1-2 hours in the marinade. Drain and discard excess marinade.

Brown the chicken in a large skillet or on the grill for approximately 5-7 minutes turning as needed. Finish in a 275 degree oven to an internal temp of 165 degrees. Remove when done and chill.

In a bowl, combine the pasta, walnuts, tomatoes, olives, parsley and cheese. Pour the dressing over the pasta mixture and toss to coat. Gently stir in the spinach to distribute the dressing. Slice the chicken and serve on top of a bed of the fresh pasta salad.

**Exchanges per serving:**
4 Lean Meats, 1 Starch, 2 Vegetables, 1 Fat

**Nutrients per serving:**
- Calories: 411
- Calories from fat: 147
- Total Fat: 17g
- Saturated Fat: 3g
- Cholesterol: 87mg
- Sodium: 254mg
- Carbohydrate: 25g
- Dietary Fiber: 2g
- Protein: 38g