

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