

Baby Greens with Chicken & Goat Cheese

½ lb green beans, trimmed and halved
6 cups baby salad greens, packed
2 cups sliced or shredded rotisserie chicken (skin removed)
¾ cup corn kernels (fresh or frozen), cooked
½ cup goat cheese crumbles
¼ cup sunflower seeds
¼ cup peppercorn ranch dressing*

Yield: 4 servings

* We used Kraft Peppercorn Ranch Dressing & Dip

(From *Family Circle*, June 2010)

1. Heat a small pot of water to boiling. Add green beans and cook 4 minutes. Drain and rinse with cold water.
2. In large bowl, combine baby salad greens, rotisserie chicken, green beans, corn kernels, goat cheese crumbles and sunflower seeds.
3. Drizzle with dressing.

Nutrient Value (per serving)

Calories: 320

Carbohydrate: 18 g

Protein: 23 g

Saturated Fat: 4 g

Fiber: 5 g

Nutrition Center - UI College of Public Health
www.uiowanutritioncenter.org