

## Italian Chicken Salad



- 1 cup fat-free Italian dressing
- 2 tablespoons Worcestershire sauce
- 1 tablespoon lemon juice
- 1 teaspoon Creole seasoning (optional)
- 1 lb. boneless, skinless chicken breasts
- Mixed salad greens
- 1 pint cherry tomatoes

Combine the Italian dressing, Worcestershire sauce, lemon juice and Creole seasoning in a medium-size bowl and whisk to blend. Set aside 1/2 cup of the mixture for basting the chicken on the grill.

Place the chicken breasts in a gallon-size zip-lock bag and pour in the remaining marinade. Press the air out of the bag and seal it. Turn the bag to thoroughly coat the chicken, then place it in a bowl and refrigerate it for at least 1 hour, turning it occasionally. Remove the meat from the refrigerator 20 minutes before grilling.

Prepare a charcoal fire or set a gas grill to medium-high, close the lid, and heat until hot -- about 10 to 15 minutes.

Remove the chicken from the bag and discard the marinade. Grill it uncovered, basting with the reserved marinade. Cook the chicken until it is no longer pink inside and has reached an internal temperature of 180 degrees F. Transfer the chicken to a cutting board and let it rest about 5 minutes before thinly slicing crosswise. Serve the chicken over salad greens and cherry tomatoes. Makes 5 servings.

Nutrition information per serving: 203 calories, 30 grams protein, 3 grams fat, 12 grams carbohydrate, 674 mg sodium.



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