

# **Grilled Chicken Salad with Basil Dressing**

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**Servings: 4**

**Preparation Time: 15 minutes**

**Start to Finish Time: 25 minutes**

**Grill Time: 6 minutes**

**1/2 cup pesto**

**3 tablespoons plain yogurt**

**1/2 teaspoon pepper**

**1 1/4 pounds boneless/ skinless chicken breast, thinly sliced**

**1/2 teaspoon Italian seasoning**

**8 cups mixed greens**

**1 red onion, chopped**

**8 plum tomatoes, quartered**

**1 container (8 oz) fresh mini mozzarella balls**

Preheat the grill.

In a bowl, combine the pesto, yogurt and 1/4 teaspoon pepper. Refrigerate.

Rub the chicken with 1/4 teaspoon pepper and Italian seasoning.

Grill over medium for 6 minutes or until no longer pink. Cool and slice into strips.

In a mixing bowl, combine the greens, onion, tomatoes and cheese. Add the chicken. Toss with the dressing and serve immediately.

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Per Serving (excluding unknown items): 78 Calories; 1g Fat (10.6% calories from fat); 5g Protein; 15g Carbohydrate; 6g Dietary Fiber; 1mg Cholesterol; 46mg Sodium. Exchanges: 0 Grain(Starch); 3 Vegetable; 0 Non-Fat Milk; 0 Fat; 0 Other Carbohydrates.