



## *Healthy Eating & Weight Loss*

### **Vicki's Chicken Salad**

- 2 cups skinned and boned roasted chicken breast ( you can use a store bought rotisserie chicken)
- 1/4 cup toasted pecans
- 2 cups sliced strawberries
- 1/4 cup diced red onion
- 1/4 cup chopped cilantro
- 1/4 cup diced celery
- 2 tablespoons balsamic vinegar
- 2 tsp olive oil
- 4 cups salad greens

In a medium bowl, combine chicken, pecans, strawberries, onion, celery, cilantro, vinegar and oil. Cover and chill in the fridge for an hour. Serve over salad greens.

**\*\*\* Many Thanks to Vicki for this FABULOUS HEALTHY DELICIOUS RECIPE \*\*\***

**230 calories per serving, 24 g protein**

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