Easy Chopped Chicken Salad

Active Time: 10 minutes | **Total Time:** 20 minutes | **Serves:** 1

Nutrition Information Per Serving

289.6 calories, 9.71 g carbohydrate, 3.69 g fiber, 6.02 g NET carbs, 24.47 g protein, 16.94 g fat

Ingredients

- 1/2 tsp(s) Real Salt
- 1/4 can(s) Native Forest Quartered Artichoke Hearts (14 oz)
- 1 cup shredded organic Romaine lettuce
- 1 cup organic baby spinach leaves
- 1 Tbsp red wine vinegar
- 1/2 medium(s) organic cucumber, sliced
- 1/2 cup(s) chopped and cooked organic chicken breast
- 1 Tbsp extra virgin olive oil
- 2 Tbsp(s) chopped organic red onion

Preparation

1. Combine all of the vegetables and chicken in a bowl.
2. Toss well.
3. Whisk the olive oil and vinegar in a small bowl with a pinch of salt.
4. Drizzle over the salad and serve.

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