

BUFFALO CHICKEN SALAD



INGREDIENTS:

- 2.5 oz shredded chicken
- 2 cups mixed greens
- 1 small cucumber
- 1/2 bell pepper
- 1 oz reduced fat feta cheese or blue cheese
- 2 tbsp buffalo sauce

DIRECTIONS:

- 1) Prep Chicken: Slow cook 1 lb of chicken + 1/2 cup buffalo sauce on a crock pot on high for ~3-4 hours or until internal temperature reaches 165 F
- 2) Portion out 3 oz of prepped chicken with all other ingredients
- 3) Top with 2 tbsp buffalo sauce

Enjoy!

Makes 6 Servings of Chicken | Serving Size 1 Salad
Calories: 266 | Protein: 33 g | Carbs: 15 g | Fat: 10 g | Fiber: 5 g