

CHIPOTLE CHICKEN SALAD



INGREDIENTS:

- 1 5 oz chicken breast
- 1 tbsp chipotle seasoning
- 2 cups mixed greens
- 1 small tomato
- 2 tbsp salsa
- 1/2 avocado
- Optional: cilantro

DIRECTIONS:

- 1) Use a meat mallet or rolling pin to even the chicken breast, this will ensure it cooks evenly and prevents overcooking
- 2) Season chicken with a pinch of salt and chipotle seasoning
- 3) Allow to marinate for around 15 minutes
- 4) Heat a pan on medium-high heat
- 5) Spray pan with cooking oil, reduce heat to medium heat
- 6) Place chicken breast on pan, cook undisturbed for ~8 minutes. Flip and cook for another ~10 minutes or until internal temperature reaches 165 F
- 7) Wait 5 minutes before slicing chicken into strips
- 8) Serve with remaining ingredients

Enjoy!

Makes 1 Serving

Calories: 311 | Protein: 35 g | Carbs: 14 g | Fat: 14 g | Fiber: 8 g