



Summer Harvest Salad

8 oz boneless, skinless chicken breast, cooked
4 oz fresh mozzarella cheese pearls
1 ripe avocado, chopped
16 cherry tomatoes, halved
2 cups fresh salad greens
1/4 cup fresh basil
1 cup balsamic vinegar

Make a reduction of balsamic vinegar by bringing it to a boil in a saucepan and then simmering on medium heat until the vinegar is the consistency of thin syrup. Refrigerate.

Rinse and chop salad greens and fresh basil. Divide onto 4 individual plates. Top with chicken, mozzarella cheese, avocado, and cherry tomatoes. Drizzle with balsamic vinegar reduction. Makes 4 servings.

Nutrition information per serving: 325 calories, 26 grams protein, 15 grams fat, 18 grams carbohydrate, 243 mg sodium.