Herbed Chicken Salad with Mixed Greens

A light, protein-packed chicken salad tossed with fresh mixed greens and a simple olive oil dressing, perfect for a healthy and satisfying meal.

Servings: 2 **Time:** 15 minutes

Ingredients

- 8 oz cooked shredded chicken breast
- 4 cups mixed greens (spinach, arugula, romaine)
- 2 tbsp extra virgin olive oil
- 1 tbsp lemon juice
- 1 tsp Dijon mustard
- 1/4 cup chopped cucumber
- 1/4 cup halved cherry tomatoes
- Salt to taste
- Black pepper to taste
- 1 tbsp chopped fresh parsley

Instructions

1. In a small bowl, whisk together olive oil, lemon juice, Dijon mustard, salt, and pepper to make the dressing.
2. In a large bowl, combine mixed greens, shredded chicken, cucumber, cherry tomatoes, and parsley.
3. Pour the dressing over the salad and toss gently to combine.
4. Divide the salad evenly between two plates and serve immediately.

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