



Chicken Pear And Parmesan Spinach Salad

Ingredients for salad

Bartlett pear, sliced 1/2 pear
Almonds, sliced 1 tbsp
Parmesan cheese, shaved 1 tbsp
Olive oil 1-1/2 tbsp
Balsamic vinegar 1 tbsp
Salt and pepper 1 pinch
Baby spinach 4 large handfuls

Directions for salad

1. In bottom of large salad bowl, add oil, vinegar, salt and pepper.
2. Mix well.
3. Pile spinach on top and add pear slices and almonds.
4. Toss when ready to serve.

Ingredients for chicken

Chicken breasts, thinly cut 2
Chili powder 1/2 tsp
Cayenne pepper 1 pinch
Salt and pepper 1 pinch
Olive oil 1 tbsp

Directions for chicken

1. Preheat nonstick grill pan over medium heat.
2. Mix all spices together and sprinkle over both side of chicken.
3. Drizzle oil over chicken and add to pan.
4. Cook 7-9 min on each side until done.

Nutrition Facts

Serving size: 2 breasts
Recipe yields 1 serving

Calories 655
Fat 42.2 g
Carbs 20.7 g
Protein 70 g