

Buffalo Chicken Salad

Makes 4 Servings

Ingredients:

- 1 pound boneless, skinless chicken breast cubed
- 2 tsp olive oil
- 1/4 tsp pepper
- 2 Tbsp Louisiana style hot sauce
- 1 bunch romaine lettuce chopped
- 3 ribs celery chopped
- 1 cup shredded carrots
- 1/2 cup fat-free ranch salad dressing

Directions:

1. In a large nonstick skillet, sauté chicken in oil until no longer pink. Drain, stir in hot sauce and pepper.
2. Divide romaine among 4 plates. Top with chicken, celery and carrots. Serve with dressing.

| Nutrition Facts | |
|---|------------|
| 4 servings per container | |
| Serving size | (352g) |
| Amount per serving | |
| Calories | 230 |
| % Daily Value* | |
| Total Fat 6g | 8% |
| Saturated Fat 1g | 5% |
| Trans Fat 0g | |
| Cholesterol 85mg | 28% |
| Sodium 540mg | 23% |
| Total Carbohydrate 15g | 5% |
| Dietary Fiber 4g | 14% |
| Total Sugars 5g | |
| Includes 0g Added Sugars | 0% |
| Protein 28g | |
| Vitamin D 0mcg | 0% |
| Calcium 88mg | 6% |
| Iron 2mg | 10% |
| Potassium 886mg | 20% |
| *The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. | |

Family Conversation Starter:

If you were invisible, where would you go and what would you do?

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