



Chicken & Pear Salad

A great lunch or dinner choice! And it is not your boring/old salad!

Ingredients & directions: This should be enough for you to make a few salads for the week 😊

- Package of Perdue Thin-Sliced Breasts (each salad will get one 4-6 oz. piece of grilled chicken). You can sprinkle your chicken with salt, pepper and any other spices or fresh herbs, and then either grill it or pan-fry it with a little bit of PAM cooking spray. I LOVE my new "grill-pan" from my friend Maria Rivera . . . it looks like a frying pan, but has raised little grill marks (lines) in the bottom of the pan so your chicken looks and tastes like chicken you cooked on your outside BBQ grill. You can find them at Bed, Bath and Beyond!
- Box/Plastic Container of fresh Baby Spinach (each salad will have one cup of baby spinach)
- Bag of Romaine Hearts (each salad will have 2 cups of Romaine Lettuce)
- Fresh Pears: Each salad will have 1 sliced pear on top
- Bag of Chopped Walnuts (Each salad will get one heaping Tablespoon of chopped walnuts)
- Parmesan Cheese: Each salad will get one heaping Tablespoon of Parmesan Cheese (you can also use "shaved" Parmesan if you prefer.
- Dressing: $\frac{3}{4}$ cup balsamic Vinegar, $\frac{1}{2}$ cup olive oil + 2 Tablespoons of Honey: Shake well – each salad gets 2-3 measured Tablespoons of this dressing

ENJOY!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!