



Lemon Basil Chicken Salad with Sun-Dried Tomatoes

Recipe Source: PEHP Healthy Utah Test Kitchen Staff
Servings: 6

Ingredients:

1.5 lbs chicken breasts or thighs, cooked and cubed
2 (15 oz) cans cannellini beans, rinsed and drained
1 red bell pepper, diced
1 (3.5 oz) package sun-dried tomatoes (not packed in oil), chopped
½ cup pine nuts, toasted
1 cup chopped fresh basil, loosely packed
½ cup olive oil mayonnaise
2-3 lemons, depending on size
Salt and pepper
10 oz fresh spinach leaves or other greens, about 5 cups

Steps:

- In a large mixing bowl, combine chicken, beans, red pepper, sun-dried tomatoes, pine nuts, and basil.
- Zest the lemons and sprinkle the zest over the chicken mixture, stirring to combine.
- Juice the lemons into a small mixing bowl. Add the mayonnaise and stir until combined.
- Gently stir the lemon mayonnaise into the chicken mixture. Season with salt and pepper.
- Serve immediately or cover and chill (see tips). Serve on individual plates on a bed of fresh spinach.

Tips from the Test Kitchen: Grilled chicken is delicious in this recipe. If not serving immediately, add the pine nuts right before serving so they keep their crunch. Use fewer lemons for less of a tang in the dressing, or more if desired.

Nutritional Facts: Calories: 573, Carbohydrates: 37 grams, Protein: 48 grams, Total Fat: 27 grams, Saturated Fat: 3 grams, Cholesterol: 103 mg, Sodium: 568 mg, Fiber: 11 grams, Total Sugars: 9 grams.