

## **Fried Chicken Salad**

(as seen in Real Simple Magazine August 2005)

- 1 10-oz bag of chopped Romaine Lettuce
- 1 Large tomato, chopped
- 1 medium cucumber, peeled (optional), seeded & diced
- 1 green bell pepper, seeded & diced
- 1 small red onion, diced or finely chopped
- 1 Tablespoon extra-virgin olive oil
- 1 12-oz package Low-Fat, Fully Cooked Chicken Breast Cutlets, Italian Style Dressing of your choice
- 1 teaspoon freshly ground pepper

In a large bowl, combine the lettuce, tomato, cucumber, bell pepper, and onion. Heat oil in a large skillet over medium heat. Add cutlets and heat 1 1/2 minutes per side or until browned. Transfer chicken to a cutting board and slice cutlets into 6 pieces. Add chicken to lettuce mixture and toss to mix. Drizzle with dressing of your choice. Season with pepper and serve.