

Recipe for: Warm Mediterranean Chicken Salad

Ingredients:

2 (4 oz.) chicken breasts
1 medium zucchini
1 medium yellow squash
1 medium red onion
1 garlic clove, minced
1 Tbsp. fresh thyme, chopped
2 cups romaine lettuce (or lettuce of your choosing)
2 Tbsp. sun-dried tomatoes, chopped
Olive oil
Lemon juice

Preparation:

Dice zucchini, yellow squash, onion and chicken in $\frac{1}{4}$ inch pieces.
In a medium-hot pan, sauté seasoned diced chicken for 3-4 minutes.
Add diced vegetables, garlic and thyme and continue to cook until vegetables are tender but not over-cooked.
Season with salt and pepper to taste.
Toss chicken mixture with chopped lettuce and sun-dried tomatoes.
Add a splash of olive oil and lemon juice.