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Easy BBQ Chicken Salad

Lexi's Clean Kitchen



4 servings



15 minutes

INGREDIENTS

For Cilantro Ranch Dressing:

- 1/2 teaspoon dried dill
- 1/2 teaspoon dried parsley
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/4 teaspoon fine sea salt
- 1/4 teaspoon ground black pepper
- 1/2 cup good-quality mayonnaise or greek yogurt
- 1-2 tablespoons unsweetened almond milk
- 1 tablespoon lemon juice
- 1/2 cup lightly packed picked cilantro leaves (about half a bunch of cilantro)

For Salad:

- 1 lb. baked bbq chicken breast, or leftover shredded, grilled or rotisserie chicken (see note)
- 1/4 cup homemade or store-bought bbq sauce
- 4-6 cups lettuce of choice (we recommend romaine!)
- 1/2 small red onion, diced
- 1 cup chopped tomatoes (or halved cherry tomatoes)
- 1 cup thawed frozen corn kernels (or cooked corn kernels)
- 1 cup cooked (or rinsed canned) black beans (optional)



INSTRUCTIONS

1. Add all dressing ingredients to a blender, and blend until smooth and creamy. Taste and adjust seasoning. Set aside.
2. Dice cooked chicken into bite sized pieces. Add chicken and bbq sauce to a small bowl and mix together.
3. Assemble the salads: Divide lettuce, onion, tomatoes, corn, and black beans (if using), in a bowl. Divide the bbq chicken on top, then drizzle over 2 tablespoons of the reserved dressing. Serve immediately.

NUTRITIONAL INFORMATION

Calories 376

Fat 24g

Protein 18g

Carbohydrates: 21g

Chopped Chicken Cobb Salad

Eating Well



1 servings



5 minutes

INGREDIENTS

2 cups chopped romaine lettuce

2 tablespoons bottled blue cheese dressing, such as Bolthouse Farms Chunky Blue Cheese, divided

¼ cup chopped tomato

¼ cup chopped cucumber

¼ cup sliced white button mushrooms

3 ounces grilled or roasted chicken breast, cut into cubes or strips

½ hard-boiled egg, chopped

¼ cup no-salt-added cannellini beans, drained and rinsed



INSTRUCTIONS

1. Place lettuce in a medium bowl. Add Toss 1 Tbsp. dressing; toss to coat. Arrange tomato, cucumber, mushrooms, chicken, egg, and beans in rows atop the lettuce. Drizzle with the remaining 1 Tbsp. dressing.

NUTRITIONAL INFORMATION

Calories 410

Fat 21 g

Protein 35g

Sugars 6.5g

Carbohydrates: 17 g

Smoked Salmon Pasta Salad

EatingWell



6 servings



20 minutes

INGREDIENTS

8 ounces large shell pasta

1 cup frozen peas

½ cup canola mayonnaise

½ cup nonfat buttermilk

2 tablespoons thinly sliced chives

2 tablespoons lemon juice

1 ½ teaspoons chopped fresh tarragon

2 large garlic cloves, minced

½ teaspoon salt

½ teaspoon ground pepper

2 cups packed baby arugula

6 ounces smoked salmon, torn into 1-inch pieces



INSTRUCTIONS

1. Cook pasta according to package directions, omitting salt; add peas to the pot during the final 1 minute of cook time. Drain, rinse with cold water and drain well.
2. Whisk mayonnaise, buttermilk, chives, lemon juice, tarragon, garlic, salt and pepper in a large bowl. Add the pasta-pea mixture, arugula and smoked salmon; stir gently until well combined.

NUTRITIONAL INFORMATION

Calories 329

Fat 16g

Protein 12g

Sugars 3.2g

Carbohydrates: 34g

Spinach-Strawberry Salad

EatingWell



4 servings



15 minutes

INGREDIENTS

1 ½ tablespoons extra-virgin olive oil

1 tablespoon best-quality balsamic vinegar

2 teaspoons finely chopped shallot

¼ teaspoon salt

¼ teaspoon ground pepper

6 cups baby spinach

1 cup sliced strawberries

¼ cup crumbled feta cheese

¼ cup toasted chopped walnuts



INSTRUCTIONS

1. Whisk oil, vinegar, shallot, salt and pepper in a large bowl. Let stand for 5 to 10 minutes to allow shallots to soften and mellow a bit.
2. Add spinach, strawberries, feta and walnuts to the bowl and toss to coat with the dressing.

NUTRITIONAL INFORMATION

Calories 158

Fat 12g

Protein 4.8g

Sugars 3.3g

Carbohydrates: 8.6g

Healthy Taco Salad

Healthy Seasonal Recipes



4 servings



30 minutes

INGREDIENTS

3 corn tortillas

1 teaspoons avocado oil

1 ¼ teaspoon coarse kosher salt, divided

1 pound ground chicken or turkey

1 diced red bell pepper

1 bunch scallions, sliced, white and green parts separated

1 tablespoon Mexican/taco seasoning *no salt added*

2 tablespoons tomato paste

½ cup water

2 hearts of romaine, chopped, washed and spun dry

1 cup shredded Monterey Jack or Pepper Jack

¼ cup chopped cilantro leaves

½ cup Apple Cider Vinegar Salad Dressing

½ cup salsa



INSTRUCTIONS

1. Preheat oven to 350 degrees F.
2. Lay tortillas on cutting board. Brush oil over the tortillas. Sprinkle with ¼ teaspoon salt and cut into strips. Spread on a large rimmed baking sheet and transfer to the oven. Bake until crispy and just starting to turn golden, 12 to 15 minutes. Set aside.
3. Coat a large non-stick skillet with cooking spray and set over medium-high heat. Add chicken, red pepper and scallion whites and cook, crumbling the chicken with a wooden spoon until no longer pink, 5 to 7 minutes. Sprinkle with Mexican seasoning and the remaining 1 teaspoon salt, and stir to coat. Add in tomato paste and stir to coat. Add in water and stir until the mixture becomes saucy. Remove from the heat and stir in the scallion greens.
4. Divide romaine among 4 large pasta bowls or plates. Top with the chicken mixture and cheese. Drizzle with dressing. Top with chips, cilantro and salsa on top.

NUTRITIONAL INFORMATION

Calories 477

Fat 28g

Protein 32g

Carbohydrates: 26g