Lunch, American

Lemon Pesto Chicken Salad with Broccoli

Chopped cooked chicken and broccoli are coated in a creamy pesto and lemon dressing, then served over a bed of mixed greens with juicy cherry tomatoes.



Gluten free

15 min	230	7 g	3 g
time	calories	carbs	sugars

Ingredients, 4 servings

- [ ] 2 tbsp juice of lemon (from 1 small lemon)
- [ ] 1/2 med shallots (minced)
- [ ] 2 cup cooked chicken (chopped)
- [ ] 2 cup broccoli (chopped)
- [ ] 2 tbsp pesto sauce
- [ ] 1/4 cup reduced fat olive oil mayonnaise
- [ ] 8 cup mixed greens
- [ ] 1/4 tsp salt
- [ ] 1 cup cherry tomatoes (halved)

Method

- [ ] 1 Squeeze 2 tbsp of juice from the lemon into a small bowl and stir in the minced shallots. Let the mixture sit for about 10 minutes.
- [ ] 2 Place the chopped cooked chicken and chopped broccoli in a medium bowl.
- [ ] 3 Add the pesto sauce, reduced fat olive oil mayonnaise, and salt to the bowl with the shallots and lemon juice, then whisk until smooth and pour the dressing over the chicken and broccoli, stirring until evenly coated.
- [ ] 4 Serve the chicken salad over the mixed greens and cherry tomatoes.

Nutrition Facts

Per serving

Calories	**230**
Total fat	12 g
Saturated fat	2 g
Sodium	410 mg
Total carbs	7 g
Fiber	2 g
Total sugars	3 g
Protein	25 g

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