

Roasted Chicken and Strawberry Salad

By: Andrea | *Cooking with a Wallflower*

Ingredients:

Roasted Chicken:

2 chicken breasts
1/2 teaspoon crushed red pepper
Pinch of black pepper
Pinch of salt

Salad:

4 cups lettuce
2 roasted chicken breast, shredded
1 cup strawberries, chopped
1 cup cherry tomatoes, chopped
1/4 cup dried cranberries
Nectarine balsamic vinaigrette
(or recipe of your choice)

Yields: 2 servings

Directions:

Preheat the oven to 350°F. Line a baking pan with foil, and lightly grease with nonstick cooking spray. Season both sides of the chicken breasts with crushed red pepper, black pepper, and salt. Lay the chicken breasts on the baking pan, then cover the chicken with foil to prevent them from becoming too dry. Place the baking pan into the oven and roast for 40-45 minutes. The chicken should be thoroughly cooked, but check with a thermometer to be safe.

While the chicken is roasting in the oven, remove the stems and chop up the strawberries, tear up the lettuce, and slice the tomatoes in half.

Once the chicken has cooled, either chop it up or shred the chicken.

Add the lettuce, chicken, strawberries, cherry tomatoes, and dried cranberries into a large bowl. Toss them until they're evenly distributed.

Plate the salad and drizzle with dressing. Enjoy!