

Raisin-Rice-Feta Salad

Servings: 4

Ingredients:

- 6 oz. chopped Romaine (about 1 head of a 3-head Hearts of Romaine bag)
- 3 cups, (room temperature) cooked Rice (long grain brown)
- 2 oz. Feta Cheese, crumbled
- 1½ oz. Raisins
- ¼ c. LIGHT Mayonnaise
- ¼ c. Rice Vinegar
- ¾ tsp. Garlic Powder
- ¾ tsp. Black Pepper
- ¾ tsp. Onion Powder

Directions:

1. Cut, wash and dry (salad spinner) 1 head of Romaine (from 3-head bag).
2. Mix mayonnaise, spices and vinegar until smooth.
3. Add remaining ingredients: rice, feta, raisins, and mayonnaise-vinegar, and toss well.
4. Divide salad between four plates and serve immediately; top with diced chicken breast if desired.

Optional add on:

Boneless skinless chicken breast, diced

Nutrition:

salad - serving size: ¼th recipe

calories: 276

protein: 6.3g

total carbohydrate: 41.0g

total fat: 9.8g

sugars: 88.7g

sodium: 742mg

dietary fiber: 2.9g

saturated fat: 2.7

chicken breast, skinless; 4 oz.

calories: 175

protein: 33g

total carbohydrate: 0g

total fat: 4.5g

sugars: 0g

sodium: 617mg

dietary fiber: 0g

saturated fat: 1g