

Grilled Chicken Salads

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Ingredients

1 ½ lb thin cut chicken breasts

1/3 cup vinaigrette or Italian style

dressing, extra for topping the salads

2 tsp seasoning salt or all-purpose
seasoning

1 bag of tossed salad, or a head of cut
romaine lettuce

2/3 c shredded parmesan cheese

Instructions

To begin, heat your grill to about 400 degrees.

Give the chicken fillets a sprinkle with the seasoning salt or all-purpose seasoning.

Next you will need your favorite oil-based salad dressing. Just about any vinaigrette or Italian style dressing will do. Today I used a raspberry version.

Brush about a teaspoon of dressing on each chicken fillet. Turn them over and brush the dressing on the other side as well.

Put the chicken on the grill and cook for about 5 minutes on each side, or until just cooked through. Let the chicken rest for a couple minutes, and then cut it into strips.

Serve the chicken on a bed of tossed salad, sprinkle with some shredded cheese, and a drizzle of dressing.

Enjoy!

Try this with different kinds of dressing, or different cheeses and add some raisins, olives or croutons. You can get creative with this simple supper.