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**DIET CENTER**

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## **CHICKEN AND STRAWBERRIES OVER MIXED GREENS**

Final Lifestyle

### Ingredients

2 cups chopped roasted skinless, boneless chicken breasts (about 2 breasts)\*  
2 cups quartered small strawberries (about 2 pint)  
1/3 cup finely chopped celery  
1/3 cup finely chopped red onion  
2 TBS golden raisins  
1 TBS sesame seeds, toasted  
1 TBS chopped fresh or 1 TSP dried tarragon  
1 TBS extra-virgin olive oil  
1 TBS balsamic vinegar  
1/2 TSP paprika  
1/8 TSP Morton's Lite salt  
1/8 TSP black pepper  
4 cups gourmet salad greens

### Instructions

1. Combine first 5 ingredients in a large bowl.
2. Combine sesame seeds and next 6 ingredients (sesame seeds through pepper) in a small bowl, stirring well with a whisk. Pour over chicken mixture; toss well to coat. Cover and chill 1 hour. Serve over salad greens.

**Portion-Per-Serving Information:** (Yields 4 servings)

Serving = 1-1/4 cups chicken mixture and 1 cup greens) = 1/2 P, 1 V, 1 FR, 1/2 FT

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\*Using precooked chicken makes this dish a snap to throw together for lunch.