

# Balsamic Chicken Dinner Salad

Yield: 4 min  
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/best-christmas-dinner-salad-recipe>

## Ingredients:

- 6 boneless skinless chicken breast halves sliced into thin strips.
- 1 cup sun dried tomatoes not the oil packed variety
- 1/2 cup dry white wine or semi-dry
- 1/4 cup extra-virgin olive oil
- 2 cloves garlic peeled and minced or pressed
- 1/3 cup balsamic vinegar
- 1 1/2 teaspoons non-pareil capers brined, drained
- 5 basil leaves ripped into strips
- mixed salad greens
- salt
- freshly ground pepper

## Nutrition:

1. Calories: 210 calories
2. Carbohydrate: 15 grams
3. Fat: 14 grams
4. Fiber: 3 grams
5. Protein: 3 grams
6. SaturatedFat: 2 grams
7. Sodium: 520 milligrams
8. Sugar: 9 grams

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