

# Italian Salad With Chicken

Yield: 5 min  
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-chicken-salad-sandwich-recipe>

## Ingredients:

- 15 ounces romaine lettuce
- 1/2 cup black olives sliced
- 1/2 cup tomatoes sliced or chopped
- 1/2 cup artichoke hearts quartered
- 3/4 Parmesan cheese shredded
- 1/2 cup pepperoncini
- 1 avocado sliced
- 22 ounces chicken package Tyson® Grilled & Ready®
- Wish-Bone Italian Dressing to taste

## Nutrition:

1. Calories: 280 calories
2. Carbohydrate: 11 grams
3. Cholesterol: 85 milligrams
4. Fat: 14 grams
5. Fiber: 7 grams
6. Protein: 29 grams
7. SaturatedFat: 3 grams
8. Sodium: 400 milligrams
9. Sugar: 3 grams

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