

Warm Italian Salad

Yield: 4 min
Total Time: 40 min

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

Ingredients:

- 1 pound chicken cutlets
- 1 package Parmesan Kraft Fresh Take Italian
- 1/4 cup olive oil divided
- 2 tablespoons balsamic vinegar
- 2 tablespoons fresh lemon juice
- salt
- pepper
- 1 cup sliced mushrooms
- 1 cup onion sliced
- 10 ounces fresh spinach package
- 1 cup grape tomatoes fresh, cut in half
- 1/2 cup sliced black olives
- 2 tablespoons basil leaves julienned, optional

Nutrition:

1. Calories: 470 calories
2. Carbohydrate: 14 grams
3. Cholesterol: 95 milligrams
4. Fat: 28 grams
5. Fiber: 4 grams
6. Protein: 41 grams
7. SaturatedFat: 9 grams
8. Sodium: 1100 milligrams
9. Sugar: 5 grams

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