

Spring Salad with Roasted Chicken

Yield: 4 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/spring-dinner-ideas-recipes>

Ingredients:

- 4 chicken breasts bone-in skin on
- olive oil
- salt
- pepper
- 2 cups butter lettuce
- 2 cups fresh spinach
- 1 cup flat leaf parsley
- 1/2 cup yellow pepper
- 1/2 cup radishes thinly sliced
- 1/2 cup sugar snap peas
- 1/4 cup fresh peas
- 2 carrots
- 2 tablespoons white wine vinegar
- 2 tablespoons shallot minced
- 2 teaspoons honey
- 1 clove garlic
- 2 tablespoons olive oil

Nutrition:

1. Calories: 310 calories
2. Carbohydrate: 14 grams
3. Cholesterol: 75 milligrams
4. Fat: 16 grams
5. Fiber: 4 grams
6. Protein: 28 grams
7. SaturatedFat: 3 grams
8. Sodium: 380 milligrams

9. Sugar: 6 grams

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