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This salad from the *Taste of Home Comfort Food Diet Cookbook* would fit into a lunch or dinner on the USA TODAY Weight-Loss Challenge eating plan.



Tangy Chicken Salad

Ingredients

- ▶ ½ cup plain fat-free yogurt
- ▶ 1 Tbsp. lemon juice
- ▶ ¼ tsp. minced garlic
- ▶ ½ tsp. salt
- ▶ ½ tsp. celery seed
- ▶ ½ tsp. paprika
- ▶ ½ tsp. Worcestershire sauce
- ▶ Dash pepper
- ▶ 2 boneless skinless chicken breast halves (5 oz. each)
- ▶ ½ cup dry bread crumbs
- ▶ 4 cups torn mixed salad greens
- ▶ ½ cup chopped fresh tomato
- ▶ ½ cup chopped hard-cooked egg whites
- ▶ ½ cup shredded reduced-fat cheddar cheese
- ▶ ½ cup fat-free honey Dijon salad dressing

Per serving: 366 calories; 8 grams of fat; 4 grams of saturated fat; 41 grams of protein; 30 g carbohydrates; 5 grams of fiber; 483 milligrams of sodium

Directions

In a large resealable plastic bag, combine the first eight ingredients; add chicken. Seal bag and turn to coat; refrigerate for 8 hours or overnight. Drain and discard marinade. Roll chicken in bread crumbs. Place on a baking sheet coated with cooking spray. Bake, uncovered, at 350° for 25-30 minutes or until juices run clear, turning once.

On two plates, arrange salad greens, tomato, hard-cooked egg whites and cheese. Slice chicken; place on salads. Serve with dressing.

Servings: 2

Taste of Home