

## **Chicken Salad (serves 6)**

FLT (per serving): 1.5 legume, 1 protein, unlimited category 1 vegetables  
316 calories, 17 g carbohydrates, 32 g protein, 14 g fat

3-4 boneless chicken breasts (about 1.5-2 lbs)  
2 cups chicken broth  
1 large yellow pepper, diced  
1 pint cherry tomatoes (sliced in half if large)  
1 cup frozen baby peas, thawed  
1.5 cups hummus  
Salt and pepper to taste

1. Preheat oven to 350°F. Arrange chicken in a single layer in a shallow ovenproof pan and add broth to cover.
2. Cover pan and bake about 30 minutes.
3. Remove from oven and cool in broth to room temperature.
4. Cut diagonally into bite size pieces.
5. In a large bowl, combine ingredients and toss well; add salt and pepper to taste. It may not need salt if your hummus is salty.
6. Serve on top of mixed greens.