

Super Easy, Super Healthy Memorial Day Fare

What could be more enticing than a Grilled Portabella and Chicken Spinach Salad? Serve it with your favorite whole grain or sourdough bread for a healthy, flavorful meal.

WHAT YOU NEED

SERVES 4

4 5-oz chicken breasts

Non-stick food oil spray

Place chicken on grill and prepare mushroom topping while cooking.

1 bulb roasted garlic (put garlic in oven at 400F to roast)

2 Tbls. Extra virgin olive oil

2 Tbls. Balsamic vinegar

2 Tbls. Fresh rosemary leaves, OR 2 tsp dried

1-2 Tbls water

4 portobello mushrooms, washed and dry

Separate roasted garlic cloves from garlic bulb. Squeeze garlic pulp into the work bowl of a food process or blender. Add oil, vinegar, and rosemary. Add 1-2 Tbsp water if too thick. Spread cap of mushroom with puree. Cook on a hot oiled, grill for 5-6 minutes.

May use a George Foreman grill, or a handy vegetable grated griller to put on top off a regular grill.

Serve over a bed of washed, baby spinach. Optional: additional fat free Italian dressing.

Per serving (without bread): 345 calories, 15.2 g fat, 48 g protein, 8 g carbohydrate