Baby Greens with Chicken & Goat Cheese

½ lb green beans, trimmed and halved
6 cups baby salad greens, packed
2 cups sliced or shredded rotisserie chicken (skin
removed)
¾ cup corn kernels (fresh or frozen), cooked
½ cup goat cheese crumbles
¼ cup sunflower seeds
¼ cup peppercorn ranch dressing*

Yield: 4 servings

1. Heat a small pot of water to boiling. Add green beans and cook 4 minutes. Drain and rinse with cold water.
2. In large bowl, combine baby salad greens, rotisserie chicken, green beans, corn kernels, goat cheese crumbles and sunflower seeds.
3. Drizzle with dressing.

Nutrient Value (per serving)
Calories: 320
Carbohydrate: 18 g
Protein: 23 g
Saturated Fat: 4 g
Fiber: 5 g

* We used Kraft Peppercorn Ranch Dressing & Dip

(From Family Circle, June 2010)