

**Boston Medical Center
Nutrition Resource Center**

Preventative Food Pantry: (617) 414-3834 or (617) 414-5263
Food Demonstration Kitchen: (617) 414-3840 or www.bmc.org



Rotisserie Chicken with Green Pea Salad

Serves 4 to 6

Pick up a rotisserie chicken at the grocery store along with a fresh lemon, mixed greens, some frozen peas, and a loaf of crusty bread and you have the makings for a quick, delicious weeknight meal.

Ingredients:

1 (8-ounce) bag mixed greens
2 cups frozen peas, thawed
¼ cup fresh chopped herbs, like mint or basil
4-5 scallions, chopped
2 tablespoons parmesan cheese

Dressing:

1 fresh lemon
¼ cup olive oil
1 clove garlic, minced (about 1 teaspoon)
¼ teaspoon salt
¼ teaspoon pepper

Croutons:

½ small loaf crusty bread, preferable whole grain, cut into 1 inch cubes (about 2 cups)
Vegetable oil spray
¼ teaspoon garlic powder

1 whole pre-cooked rotisserie chicken (about 2 pounds)

Directions:

1. In a large bowl combine mixed greens, peas, fresh herbs, scallions, and parmesan cheese.
2. For the dressing: In a small bowl, combine the zest of the lemon and juice with olive oil, garlic, salt, and pepper.
3. For the croutons: Arrange bread cubes on a baking sheet, spray with vegetable oil spray, and toss with garlic powder. Bake 425 degrees for 10 minutes, or until golden brown.
4. Toss the lettuce mixture with the dressing. Toss in croutons. Place onto a large platter.
5. Carve the chicken into pieces leaving the legs and thighs whole and the breast meat sliced. Arrange chicken pieces on top of the salad. Serve cold.

Recipe Note: To avoid using the oven, use store-bought garlic flavored croutons.

Nutritional Information per serving:

Calories: 457	Carbohydrates: 26g
Total Fat: 15g	Cholesterol: 99mg
Saturated Fat: 4g	Dietary Fiber: 7g

Protein: 40g

Sodium: 344mg