

Mediterranean Salad with Hummus Dressing

A fresh and light salad that is perfect for families looking to practice healthy habits and not compromise on flavor.

Ingredients

Dressing:

- 1 cup loosely packed fresh parsley, divided
- 1 lemon
- 1 tbsp water
- 1/2 cup plain hummus
- 1/4 tsp each salt and black pepper

Salad & Chicken:

- 1 large red bell pepper
- 1 medium red onion
- Canola oil for spraying pan
- 1 lb chicken tenders
- 2 tbsp [Greek Rub](#)
- 1 pkg mixed baby spinach, chard and kale greens (about 5 cups) (see Cook's Tip)
- 1 can (15 oz) unsalted cannellini beans, drained and rinsed
- 1 jar (7.5 oz) marinated artichoke heart quarters



pampered chef™

Instructions

1. In a small bowl, finely snip parsley with [Professional Shears](#).
2. Juice lemon with [Juicer](#) to measure 2 tbsp. Add juice, water, 2 tbsp of the parsley, hummus, salt and pepper to [Measure, Mix & Pour®](#); mix until blended. Set aside.
3. Cut top off bell pepper; remove seeds and veins with [Scoop Loop™](#). Cut bell pepper and onion into thin strips.
4. Spray [Executive Nonstick Double Burner Grill](#) with oil using [Kitchen Spritzer](#). Heat pan and [Grill press](#) over medium heat 3-5 minutes. Sprinkle both sides of chicken with Greek Rub. Place chicken on one side and vegetables on other side of pan.
5. Cover chicken with Grill Press; cook 3-4 minutes per side or until internal temperature reaches 165°F. Remove chicken from pan to cutting board.
6. Drain artichokes reserving 2 tbsp of the marinade. Add artichokes, marinade, greens, beans and remaining parsley to pan with vegetables.
7. Cook 1-2 minutes or until greens begin to wilt, stirring occasionally. Using [Slotted Turner](#), remove mixture to serving platter.
8. Slice chicken. Arrange chicken on platter with vegetables. Drizzle with dressing.

Yields 4 servings

U.S. Nutrients per serving:

Calories 300, Total Fat 6 g, Saturated Fat 0 g, Cholesterol 65 mg, Sodium 630 mg, Carbohydrate 28 g, Fiber 9 g, Protein 36 g

Cook's Tips:

The salad mix called for in this recipe be labeled as "power greens" and can be found in produce section of the grocery store.