

Chicken, Red Potato, and Green Bean Salad

DRESSING:

1/3 cup coarsely chopped fresh parsley
3 tablespoons red wine vinegar
1 tablespoon fresh lemon juice
1 tablespoon whole-grain Dijon mustard
1 tablespoon extra virgin olive oil
1/2 teaspoon salt
1/4 teaspoon freshly ground black pepper
1 garlic clove, minced

SALAD:

1 pound small red potatoes
1 teaspoon salt
1/2 pound diagonally cut green beans
2 cups cubed cooked chicken (about 8 ounces)
2 tablespoons chopped red onion
1 (10-ounce) package gourmet salad greens (about 6 cups)

To prepare dressing, combine first 8 ingredients, stirring well with a whisk.

To prepare salad, place potatoes in a saucepan; cover with water. Add 1 teaspoon salt to pan; bring to a boil. Reduce heat, and simmer 10 minutes or until almost tender. Add beans, and cook an additional 4 minutes or until beans are crisp-tender. Drain. Rinse with cold water; drain well.

Quarter potatoes. Place the potatoes, beans, chicken, onion, and greens in a large bowl. Drizzle with dressing; toss gently to coat. Serve immediately.

Yield: 4 servings (serving size: about 1 3/4 cups)

Source: Cooking Light