

Grilled Chicken and Vegetable Salad



PREPARATION TIME

15 minutes



COOKING TIME

15 minutes



PERFECT PARTNER

iced tea



Homemade lemon-pepper seasoning costs less than store-bought and has a naturally fresher flavor. Simply mix finely grated lemon zest of 1 lemon with 2 tablespoons cracked black peppercorns.

SHOPPING LIST

- chicken
- romaine lettuce
- bell pepper
- green onions
- zucchini
- cherry tomatoes
- lemon-pepper seasoning
- Italian salad dressing

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INGREDIENTS

- 4 skinless, boneless chicken breasts (4 ounces each)
- 1 teaspoon lemon-pepper seasoning
- 1 red or green bell pepper, cut into thick slices
- 2 zucchini, cut into 1-inch chunks
- 4 green onions
- 1 head romaine lettuce
- 8 cherry tomatoes, halved
- 1/2 cup Italian salad dressing

SERVES **4**

COOKIN' *Express*

- Have clean lettuce on hand in a moment's notice. Wash lettuce beforehand and store in a resealable plastic bag with a damp paper towel. The lettuce should keep for about a week.

Make Ahead

You can prepare the grilled chicken and vegetables up to 2 hours ahead. Refrigerate until ready to serve.

VARIATION

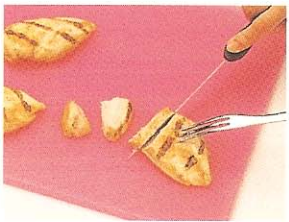
For a colorful presentation, use red leaf lettuce. Or, try a mixture of salad greens for different textures.

- 1** Grease grill rack. Preheat grill to medium. Sprinkle chicken with lemon-pepper seasoning. Arrange chicken, bell pepper, zucchini and green onions on grill rack.



- 2** Grill, turning several times, until vegetables are tender and chicken is cooked through, about 15 minutes. Tear lettuce; place in a large salad bowl. Add cherry tomatoes; toss.

- 3** Slice cooked chicken into bite-size pieces.



- 4** Place chicken and vegetables over lettuce. Pour dressing over salad; toss well.