

Expires 4/30/2012



**Save \$1**  
the purchase of two  
Wish-Bone Dressings (16 oz.)

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coupon per household.



## Chicken With Broccoli Rabe Over Greens

Serves: 4

Preparation Time: 15 Minute(s)

Cook Time: 8 Minute(s)

### Ingredients

- 4 Tbsp. Wish-Bone® Italian Dressing
- 2 boneless, skinless chicken breast halves, thinly sliced (about 10 oz.)
- 2 cloves garlic, finely chopped
- 1 bunch broccoli rabe, cut into 2-inch pieces, washed, blanched and drained
- 4 cups mixed salad greens
- 1 medium tomato, thinly sliced
- 1 Tbsp. pine nuts, toasted

1. Heat 1 tablespoon Wish-Bone® Italian Dressing in 12-inch nonstick skillet over medium-high heat and cook chicken, stirring occasionally, 5 minutes or until chicken is thoroughly cooked. Add garlic, broccoli rabe and remaining 3 tablespoons Dressing. Reduce heat to low and simmer 2 minutes. Let cool slightly.
2. Arrange greens on serving platter, then top with chicken mixture and tomato. Sprinkle with pine nuts.

### Nutrition Information per serving

Calories 170, Calories From Fat 60, Saturated Fat 1g, Trans Fat 0g, Total Fat 7g, Cholesterol 45mg, Sodium 290mg, Total Carbohydrates 10g, Sugars 5g, Dietary Fiber 2g, Protein 18g, Vitamin A 120%, Vitamin C 100%, Calcium 4%, Iron 10%

Recipe Courtesy of Wish-bone