

# Watermelon & Chicken Salad

Serves 4

## Ingredients:

- 8 cups mixed greens
- ½ red onion
- 1 cucumber
- 2 cups cubed watermelon
- 4 ounces goat cheese, crumbled\*
- 1 ½ lbs chicken breast, grilled
- Dressing of choice- try honey mustard or balsamic!



## Directions:

1. To cut the red onion, quarter it through the root end. Save half the onion for another meal. With the half for the salad, slice thinly to create quartered slices.
2. Repeat the same process for the cucumber.
3. Toss with the remaining ingredients. Divide between four plates. Enjoy!

\*goat cheese contains less lactose than other dairy items. If you need to be completely lactose-free, use vegan cheese.