

## chicken & blue cheese wedge salad

SERVES 1 • READY IN 20 MINUTES OR LESS



### PHASE 3

Put chicken in broth in a saucepan with salt and bring up to a simmer. Make sure the broth is covering the chicken. If not, add more broth to cover. Cover and simmer gently for 15-20 min or until internal temperature reaches at least 165F.

Meanwhile mix mayonnaise, hot sauce and mustard. Set aside.

Remove chicken from broth and put into a bowl. Shred chicken breast with two forks.

To serve, place wedge(s) of iceberg onto the plate top with chicken, corn, chopped tomato and drizzle with mayonnaise sauce. Crumble blue cheese on top.

### Ingredients:

- 1 portion chicken breast, cut in half
- 1 cup fat free chicken broth
- 1/8 tsp salt
- 1/4 iceberg lettuce wedge, cut in half
- 1 tbsp mayonnaise (fat)
- 1 tsp hot sauce
- 1/2 tsp hot mustard
- 1/2 cup cooked sweet corn (carbs)
- 1/4 cup chopped tomato
- 1 oz (28g) blue cheese, crumbled (fat)