Ingredients

Salad
Nonstick cooking spray
1 pound chicken tenders
½ cup red onion wedges
(about 1 small)
Fresh spinach leaves (optional)
2 cups whole green beans,
cooked and chilled
2 cups cubed red potatoes,
cooked and chilled
2 cups halved cherry tomatoes
1 can (15½ ounces) Great
Northern beans, drained
and rinsed

Herb and Mustard Dressing
¼ cup water
3 tablespoons balsamic or
cider vinegar
1½ Tablespoons Dijon-style
mustard
1 Tablespoon olive oil
1 teaspoon dried basil leaves
1 teaspoon dried thyme leaves
1 teaspoon dried rosemary
1 small clove garlic, minced
**Nutrition information:**
- Calories: 301
- Carbohydrate: 42 gm
- Fiber: 3 gm
- Fat: 5 gm
- Protein: 23 gm
- Cholesterol: 40 mg
- Sodium: 103 mg

For more information, contact your county WVU Extension office or go to www.ext.wvu.edu.

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**Instructions**

*Herb and Mustard Dressing*
Combine all ingredients in a small jar with tight-fitting lid; shake well. Refrigerate until ready to use; shake before using.

*Salad*
1. Spray medium nonstick skillet with cooking spray; heat over medium heat until hot.
2. Add chicken; cook and stir 7 to 10 minutes or until chicken is browned and no longer pink in center. Cool slightly; refrigerate until chilled.
3. Spray small nonstick skillet with cooking spray; heat over medium heat until hot.
4. Add onion; cook and stir over low heat about 15 minutes or until onions are caramelized. Cool to room temperature.
5. Place spinach, if desired, on plates. Top with chicken, onions, green beans, potatoes, tomatoes, and Great Northern beans.

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