

# LighterLife Management

## Week 5 Recipes:

### Almond, chicken and goat's cheese salad

This lovely salad is really quick and easy to make and looks fabulous, too. Make it even more special by slicing and grilling the goat's cheese before serving.

**Serves: 1**

Nutrition per serving:

376 kcal, 44g protein, 11g carbs, 17g fat, 3g fibre

#### Ingredients:

- 40g mixed salad leaves
- 150g cooked chicken breast, sliced
- 15g flaked, toasted almonds
- 60g raspberries
- 30g goat's cheese
- freshly ground black pepper
- 1 tbsp balsamic vinegar

#### Method:

1. Put the salad leaves on a serving plates and arrange the sliced chicken on top.
2. Scatter with almonds and raspberries and then crumble over the goat's cheese. Season and drizzle with the balsamic vinegar..

#### Tips:

- If raspberries are out of season, use red grapes instead or make with radicchio, sliced juicy pear and chopped walnuts.