

Chicken with Sensation Salad and Roasted Tomatoes

Chicken

Cut chicken into 1 inch pieces

Sprinkle with salt and pepper and spices (container C).

Heat a skillet to medium/high heat and add 1 tablespoon olive oil and 1 tablespoon of butter.

Add chicken to the skillet. Turn it several times while it is cooking. It will be ready in about 10 minutes

Tomatoes

Heat oven to 400 degrees

Wash tomatoes and cut them in half.

Rub olive oil on a sheet pan.

Add the tomatoes to a sheet pan and sprinkle them with salt and pepper and drizzle olive oil over them (about a tablespoon).

Roast for 10 minutes then take them out of the oven.

Plate

Wash the and dry the Romaine lettuce.

Chop it into pieces.

Put some lettuce on a plate and top it with some chicken and roasted tomatoes.

Drizzle it with the Sensation Dressing (container B).

Enjoy!!