

Sensation Chicken Salad and Roasted Tomatoes

Chicken

Cut breasts into 1 inch pieces

Sprinkle with pepper and garlic salt spices (included in box)

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 5 minutes then take them out of the oven.

Plate

Wash and dry the salad greens

Slice avocado

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

Drizzle it with the Sensation Dressing.

Add the cheese crisps

Enjoy!!