**Sundried tomato chicken espetadas with a crunchy salad and yogurt dressing**

*\_4 people\_*

*Healthy, crunchy and very tasty*

**Ingredients:**

4 espetadas from Woolworths – ready prepared

½ pack of coleslaw

1 carrot thinly shaved

3 spring onions cut into rings

1 peach cut into small wedges

½ cup of cucumber cut into smaller pieces

Handful of rocket

For the dressing

100ml low fat yogurt in small bowl

15ml Balsamic reduction

Salt and pepper to taste

**Method:**

1. Ask hubby to braai the Espetadas – it makes life so much easier 😊
2. For the salad: mix al the fresh ingredients and WHALA – it is as easy as that! To make sure you have a happy salad with a happy ending mix yogurt with a balsamic reduction. Drizzle over the salad. Remember salt and pepper and enjoy!