



Chicken Fruit Salad



Where service *and savings* matter.

SERVINGS: 4

INGREDIENTS:

NUTRITIONALS

Nutritional analysis per serving:
calories 370, calories from fat 160,
total fat 17g, saturated fat 3.5g,
cholesterol 70mg, sodium 410mg,
total carbohydrate 25g, dietary
fiber 7g, sugars 13g, protein 32g,
vitamin A 220%, vitamin C 100%,
calcium 25%, iron 20%

DRESSING

- 1/2 cup (4 1/4 fl oz) fat free sour cream
- 3 Tbsp fruit flavored vinegar
- 4 tsp sugar (Splenda can be substituted for sugar)
- 1 1/2 tsp poppy seeds
- 1/4 tsp salt
- Freshly ground pepper to taste

SALAD

- 12 cups (12 oz bag) salad greens or spinach
- 4 (3-4 oz each) skinless, boneless chicken breast, cooked and sliced
- 2 cups cubed melon, such as cantaloupe and/or honeydew
- 1 large avocado, sliced
- 1/4 cup chopped walnuts, toasted
- 1/4 cup crumbled feta cheese

DIRECTIONS:

Toast walnuts in small pan on medium heat on stove top for 3-4 minutes.

Whisk sour cream, vinegar, sugar, poppy seeds, salt and pepper in a large salad bowl until smooth. Reserve 1/4 cup of dressing for topping.

Add the mixed greens to the large bowl and toss to coat.

Divide greens among 4 plates and top with chicken, melon, avocado, walnuts and feta. Drizzle each portion with 1 Tbsp of reserved dressing.

Tips: Buy cooked or rotisserie chicken to save cooking time. You can use chicken later in week for another dish.

Allow 3-4 oz greens per serving.

Any seasonal fruit may be used such as berries, mango or peaches.

Other veggies such as cucumbers or mushrooms can be added and will not significantly change caloric content.

Source: adapted from www.eatingwell.com

visit unitedtexas.com for more recipe ideas

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