

Chicken Salad with Spinach and Fruit



Ingredients

- 6 ounces of fresh spinach
- 2 oranges, peeled and cut into chunks
- 2 cups cooked and cubed chicken
- 2 cups fresh strawberries

Dressing:

- 2 tablespoons red wine vinegar
- 3 tablespoons orange juice
- 1-1/2 tablespoons canola oil
- 1/4 teaspoon dry mustard
- 1/3 teaspoon poppy seeds

Directions

1. Mix dressing ingredients and refrigerate. Wash spinach and tear into bite size pieces. Add oranges, chicken and strawberries. Serve with dressing.

Nutrition Facts

Serving Size 2 cups

Amount Per Serving

Calories 130

Total Fat 4g

Cholesterol 31mg

Sodium 46mg

Total Carbohydrate 10g

Dietary Fiber 1.5g

Protein 13g



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