

CITRUS CHICKEN, BERRY, AND SPINACH SALAD



INGREDIENTS

1 1/2 cup	Toasted almonds (unsalted, slivered)
6 cup	Blueberries
6 cup	Strawberries (sliced)
25 svg	Fresh Spinach Salad (76 g per serving)
25 svg	Citrus Chicken (184 g per serving)
25 svg	Whole wheat roll

INSTRUCTIONS

1. Prepare Citrus Chicken recipe. Set aside.
2. Prepare Spinach Salad recipe. Set aside.
3. Add chicken, berries, and nuts to spinach salad and gently toss to combine OR section each chicken, fruit and nut portion on top of individual spinach portions.
4. For each individual portion, serve with 1 whole wheat roll.

NUTRITION

Calories:	520
Sodium:	350 mg
Trans Fat:	0 g
% Calories from Saturated Fat:	4%



Change it up! Other combinations of unsweetened fruits can be used.

*Number of Servings: 25 (378 g per serving)
Recipe courtesy of Stephens Memorial Hospital*