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.
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.

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

NUTRITION

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

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