

Spinach Mandarin Salad with Chicken



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Makes 6 Servings

What You Need

This recipe is high in iron (6mg) and folate (180ug)

4 boneless skinless chicken breasts (3 oz/90 g each)
2 cans mandarin oranges (10 oz/284 ml each), drained
1 bag pre-washed spinach (~1lb)
4 green onions, chopped
Whole-grain baguette or whole-wheat pita bread

Vinaigrette:

2 tbsp sugar
2 tbsp toasted sesame seeds
1/8 tsp Worcestershire sauce
1/8 tsp paprika
2 tbsp canola oil
4 tbsp red wine vinegar

Per Serving

Calories 475
Carbohydrates 52 g
Protein 45 g
Fat 10 g
Dietary Fiber 8 g

How You Prepare

Grill or pan fry chicken in a non-stick pan and cut into pieces.
While chicken is cooking place spinach, onions, and mandarin oranges in a large salad bowl.
In a separate small bowl toss together all vinaigrette ingredients.
Place chicken over salad and toss vinaigrette over salad just before serving.
Serve with a whole-grain baguette or in a whole-wheat pita bread.