

# Strawberry-Orange Chicken Salad



Number of Servings: 2

## Dressing:

¼ cup strawberry syrup

1 Tbsp red wine vinegar

## Salad:

2 cups torn prewashed fresh spinach\*

2 cups torn lettuce\*

¾ cup sliced cooked chicken, cut into strips

⅔ cup sliced or halved fresh strawberries

1 seedless orange, peeled, cut up

\*If desired, 4 cups prepackaged mixed salad greens can be substituted for the spinach and lettuce.

In a small bowl, combine dressing ingredients and mix well.

In medium bowl, combine all salad ingredients and toss well. Spoon salad onto two individual plates and drizzle with dressing.

Nutritional Analysis: per serving

Calories – 270

Fat – 4g

Cholesterol – 45mg

Sodium – 95mg

Carbohydrate – 40g

Protein – 18g