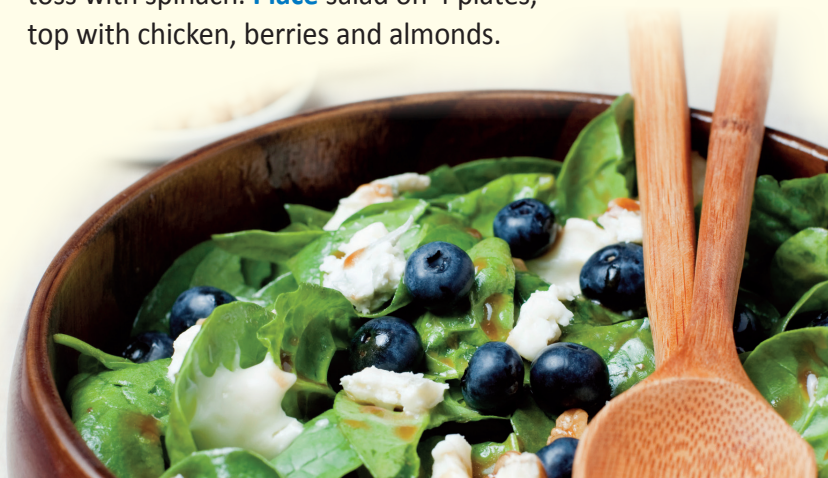


# Summer Blues Salad

# EASY | RECIPE

- ¼ cup nonfat plain **Greek yogurt**
- 1 oz. crumbled **blue cheese**
- 2 tsp **raspberry vinegar**
- 6 cups **baby spinach**
- 3 cups cut-up **rotisserie chicken** (light and dark, skin removed)
- ½ cup **blueberries**
- 3 tbsp sliced **almonds**

**Gently** combine yogurt, blue cheese and vinegar; toss with spinach. **Place** salad on 4 plates; top with chicken, berries and almonds.



**Makes 4 servings. Per serving:**

195 calories | 11.4g protein | 9.9g total fat | 2.6g sat fat | 3.7g mono fat | .6g poly fat  
| 127mg cholesterol | 6.7g carbs | 2.7g sugar | 2.4g fiber | 250mg sodium