

Mango Chicken Salad with Spicy Lime Dressing

EASY | RECIPE

Spicy Lime Dressing:

¼ cup fresh lime juice

1 tbsp chili garlic sauce

1 tbsp honey

1 tbsp white wine vinegar

4 cups baby spinach leaves

2 cups cooked chicken breast, chopped

1 medium mango, peeled and cubed

1 small avocado, peeled and cubed

½ cup red onion, thinly sliced

Note: Chili garlic sauce is a bottled condiment found in most markets.

1. In a small bowl, mix dressing; if possible, do this at least 30 minutes in advance of salad preparation.
2. Place spinach leaves in a large bowl, toss with dressing and arrange equally on 4 serving plates.
3. Top each salad with equal portions of chicken, mango, avocado and onion slices.



Makes 4 (2-cup) servings. Per serving:

231 calories | 23.6g protein | 19g total fat | .7g saturated fat | 60mg cholesterol | 17g carbohydrates | 12g sugar | 3.4g fiber | 193mg sodium

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