

Spinach Power Salad with Mandarin Vinaigrette

Dressing

6 ounces mandarin orange juice (reserve oranges)
2 Tbsp. apple cider vinegar
¼ cup olive oil
¼ cup pure cane sugar
½ small onion (chopped)
1 Tbsp. spicy brown mustard
1 Tbsp. yellow mustard
½ tsp. salt
½ tsp. pepper

Salad

½ pound chicken breast (cooked, chopped)
5 ounces baby spinach
1 large carrot (shredded)
24 seedless red grapes
1 ½ ounces walnuts (coarsely chopped)
Reserved mandarin oranges

PREPARATIONS

1. Combine all of the dressing ingredients in a blender. Mix until combined.
2. Divide the spinach among four bowls. Top each bowl with the shredded carrots, grapes, mandarin oranges, walnuts and chicken breast.
3. Shake the dressing. Drizzle over each salad.

Makes: 4 servings

Nutritional Information (per serving)

Total Calories	362
Total Fat	22 g
Protein	16 g
Carbohydrates	27 g
Dietary Fiber	3 g
Saturated Fat	3 g
Sodium	488 mg
Total Sugars	22 g