



Spinach Power Salad with Mandarin Vinaigrette

Ingredients

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

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

Makes: 4 servings

Nutritional Information (per serving)

Source: USDA

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