



Berry Fresh Spinach Salad

Serves 4 (about 1½ cups each)

2 cups cubed cooked chicken
1 pkg. (6 oz) fresh baby spinach

2 cups mixed fresh berries
¼ cup crumbled feta cheese
¼ cup chopped pecans
¼ cup prepared raspberry vinaigrette

In a large bowl, combine spinach, berries, cheese and pecans. Divide among four serving plates. Top each serving with one-fourth chicken then drizzle evenly with vinaigrette. Serve chilled.

Per serving: 300 calories, 15 g fat, 25 g protein, 16 g carbohydrate, 6 g fiber, 190 mg sodium

Raspberry Vinaigrette Dressing

Makes about 1½ cups

½ cup raspberry vinegar
⅓ cup sugar
¾ cup olive oil
½ tsp. Dijon mustard
⅛ tsp. pepper

In a small saucepan, cook and stir vinegar and sugar over low heat until sugar is dissolved. Cool, and then pour into a jar with a tight-fitting lid. Add remaining ingredients; cover and shake well. Refrigerate until chilled. Shake just before using. Refrigerate remaining dressing.

Per Tablespoon: 70 calories, 6 g fat, 0 g protein, 3 g carbohydrate, 0 g fiber, 0 mg sodium