

Baby Spinach Salad & Egg Whites & Chicken Bits

Yields: Two 3 unit meals

Dressing Ingredients:

2/3 c. plain non-fat yogurt
1/4 c. Kraft Lite Mayo
1/4 c. Dijon Mustard
1 Tbsp. Cider Vinegar
2 packets Splenda (1 Tbsp. original Splenda)
1/2 tsp. Kosher salt
1/2 tsp. freshly ground black pepper
1/2 tsp. Worcestershire Sauce

Salad Ingredients:

2 (6 oz.) bags Fresh Baby Spinach Leaves
1 yellow Bell Pepper, seeded, sliced into small pieces
1/2 medium purple onion, thinly sliced into strips
1 ripe Avocado, peeled, diced
1 6 oz. boneless, skinless chicken breast, cooked & diced
2 hard-boiled X-Large egg whites, no yolk, whites diced
Olive oil cooking spray

Directions:

Step 1: In a small bowl, whisk together the dressing ingredients. Refrigerate until ready to serve. Hard boil your two eggs.

Step 2: Cut chicken into bite-sized pieces. Spray small skillet with olive oil cooking spray. Brown chicken until no longer any pink showing; about 7 - 9 minutes. Set aside to cool. Remove shells from hard boiled eggs and prepare as directed.

Step 3: When you are ready to serve your salad, dice up avocado as directed, 1 Tbsp. per salad. Split the spinach leaves evenly between bowls. Next, evenly split the bell pepper, onion slices, egg whites, and chicken. Top with half of the dressing.

3 unit serving =

6 oz. spinach leaves + 3 oz. chicken+ half of other ingredients + 1/4 c. dressing

READ YOUR INDIVIDUAL PORTION PAGE FOR YOUR PARTICULAR MEASUREMENTS