

Orange Chicken Baby Spinach Salad w/ Feta

Yields: Six 2 unit portion servings
Four 3 unit portion servings
Three 4 unit portion servings
Two + 5 unit portion servings

Ingredients:

Salad:

2 6 oz. boneless, skinless chicken breasts
8 cups Baby Spinach leaves, washed/dried well
1 c. orange bell peppers, cut into match-sticks
1 c. grape or cherry tomatoes, halved
½ c. match-stick carrots
½ c. feta cheese, crumbled
¼ c. green onions, diced

Dressing:

2 Tbsp. Minute-Maid Light Orange-tangerine Juice
1 ½ Tbsp. Orange Juice Concentrate
1 Tbsp. White Balsamic vinegar
1 Tbsp. Light Olive Oil
1/8 tsp. Kosher salt
1/8 tsp. black pepper

Toppers:

2 "Cutie" Mandarins (seedless) peeled, separated
2 Tbsp. sliced Almonds, toasted

Directions:

- Step 1:** Grill chicken until no longer pink. Flip it only once to maintain juiciness. When done, cool a bit, then dice up into bite-sized pieces. Set aside.
- Step 2:** While chicken is grilling, make the dressing by combining all ingredients in a small bowl, using a whisk to blend all ingredients. Set aside.
- Step 3:** Combine all the salad ingredients evenly into separate containers (or bowls) that reflect your individual portion. Weigh and add the chicken on top of the salad ingredients. Evenly split the dressing. **DO NOT POUR THE DRESSING OVER THE SALAD UNTIL YOU INTEND TO EAT IT.** Sprinkle your "topper" ingredients, enjoy!