



Spring Greens & Berry Salad

Nutritious leafy greens and berries, plus protein from chicken, make a beautiful and satisfying salad.

Recipe & images from: <http://www.mysouthernhealth.com/greens-berry-salad/>

Salad Ingredients

- 5 cups salad greens
- 2 cups chopped roasted chicken (about 2 breasts cooked)
- 1- 3/4 cups raspberries, blueberries, blackberries, strawberries or a combination of those berries
- 1/4 cup chopped fresh chives or green onion
- 6 tablespoons dry roasted nuts (almonds, pecans, or walnuts)
- Honey Mustard Dressing (see below)

Directions

1. Combine the first four ingredients in a large bowl.
2. Whisk together honey mustard dressing ingredients in a small bowl.
3. Drizzle the honey mustard dressing mixture over the lettuce mixture; toss gently to coat.
4. Arrange one cup of salad on each of six plates. Top each serving with 1 tablespoon almonds or walnuts.

Meal Prep Tip!

The recipe calls for presenting six plated servings, but you can also leave off the dressing and divide this into individual containers to take to work for lunch. Add dressing just before eating to avoid a soggy salad.

Honey Mustard Dressing

Whisk the following ingredients together:

3 tablespoons vinegar
(rice vinegar, white wine,
champagne, or apple cider)

2 teaspoons honey

1/2 teaspoon Dijon mustard

1 tablespoon extra-virgin oil

Salt & pepper



Nutrition Information

Serving size: 1 cup

Calories: 137

Fat: 4.2 grams

Saturated fat: .3 grams

Carbohydrates: 11 grams

Sodium: 123 milligrams

Fiber: 4 grams

Protein: 16 grams

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