

## Mixed Salad with Chicken, Fruit and Nuts



Yield: 4 Servings

### Ingredients

- 4 cups cooked chicken, torn into bite sized pieces
- 1/4 cup minced red onions
- 1/4 cup chopped pecans
- 1/4 cup raw almonds, slivered
- 1/4 cup apples, chopped
- 1/4 cup dried cherries
- 1/4 cup carrots, julienned
- 1 teaspoon sesame seeds
- 1 kiwi, cut into 1/4-inch rounds
- 1/4 cup of mango, sliced thin
- 2 teaspoons each of olive oil and balsamic vinegar

### Directions

1. Combine everything except the kiwi, mango, vinegar and oil.
2. Make a bed of kiwi slices and put the salad on this.
3. Garnish with mango. Drizzle with balsamic vinegar and olive oil.

### Nutrients (approximately)

458 Calories per serving,  
Fat 17g, Cholesterol 119mg, Sodium 117mg,  
Carbohydrates 33g, Fiber 5g, Sugars 23g, Protein 46g

Share this recipe with a friend!

## Mixed Salad with Chicken, Fruit and Nuts



Yield: 4 Servings

### Ingredients

- 4 cups cooked chicken, torn into bite sized pieces
- 1/4 cup minced red onions
- 1/4 cup chopped pecans
- 1/4 cup raw almonds, slivered
- 1/4 cup apples, chopped
- 1/4 cup dried cherries
- 1/4 cup carrots, julienned
- 1 teaspoon sesame seeds
- 1 kiwi, cut into 1/4-inch rounds
- 1/4 cup of mango, sliced thin
- 2 teaspoons each of olive oil and balsamic vinegar

### Directions

1. Combine everything except the kiwi, mango, vinegar and oil.
2. Make a bed of kiwi slices and put the salad on this.
3. Garnish with mango. Drizzle with balsamic vinegar and olive oil.

### Nutrients (approximately)

458 Calories per serving,  
Fat 17g, Cholesterol 119mg, Sodium 117mg,  
Carbohydrates 33g, Fiber 5g, Sugars 23g, Protein 46g