

ALMOND CHICKEN AND SPINACH SALAD

SERVINGS

4

INGREDIENTS

1 cup spinach
1 lb. canned chicken
1/2 cup fresh pineapple
1 green onion, sliced
1/4 c almonds
1 sliced red bell pepper

Dressing (1 serving=2 tablespoons=1 ounce)-*this prepares 2 cups*
1 cup pineapple juice
1/2 cup orange juice
1/2 cup cider vinegar
1/2 cup olive oil
3 tablespoons honey
1 tablespoon mint
2 tablespoon lime juice
1 teaspoon salt

INSTRUCTIONS

1. Combine salad ingredients and toss.
2. Combine dressing ingredients in a bowl and whisk until well combined.
3. Dress salad with dressing.