

# Spinach, Feta & Mandarin Salad

Servings: 4

## Ingredients:

- 1 bunch spinach, washed, dried and torn (*I generally figure 1.5 oz. of spinach, or lettuce, per person*)
- 1 can (11 oz.) Mandarin Oranges, drained
- 1½ oz. pecans, chopped
- 2½ oz. Feta, crumbled

## Dressing:

- 2 Tbl. rice vinegar
- 2 Tbl. toasted sesame oil
- 2 Tbl. maple syrup
- 1 tsp. Dijon mustard

## Directions:

1. Combine spinach, mandarins, pecans and feta in a med-large salad bowl.
2. In a small bowl, or cup, combine dressing ingredients: rice vinegar, sesame oil, maple syrup and Dijon, mix well.
3. Pour dressing over salad and toss well.
4. Divide salad among 4 salad bowls or plates and serve.

## Optional add-ons:

- Chicken Breast

## Nutrition: Dressed Salad

(Serving size: ¼<sup>th</sup> recipe)

Calories: 253    protein: 5.8g    total carbohydrate: 21g    total fat: 17.5g  
sugars: 13.3g    sodium: 426mg    dietary fiber: 4.7g    saturated fat: 3.5g

## Nutrition: Undressed Salad

(Serving size: ¼<sup>th</sup> recipe)

Calories: 166    protein: 5.8g    total carbohydrate: 14.3g    total fat: 10.5g  
sugars: 6.8g    sodium: 248mg    dietary fiber: 4.7g    saturated fat: 2.5g

## Broiled chicken breast, boneless, skinless: (4 oz.)

Calories: 175    Protein: 33g    total carbohydrate: 0g    total fat: 4.5g  
sugars: 0g    sodium: 617mg    saturated fat: 1g    dietary fiber: 0g