

Grilled Chicken, Cashew, & Mango Summer Salad with Lemon Honey Mustard Dressing



NUTRITION INFORMATION:

SERVES: 6

SALAD CALORIES: 147

WW POINTS: 1SP

DRESSING CALORIES: 48

WW POINTS: 2SP

SALAD INGREDIENTS:

5 cups romaine lettuce

12 oz. grilled chicken breast, sliced

1 cup mango, cubed into bite sized pieces

½ cup cherry tomatoes, halved

½ cup reduced fat free feta cheese (if you use full fat feta, adjust for calories and points)

¼ cup red onion, sliced thin

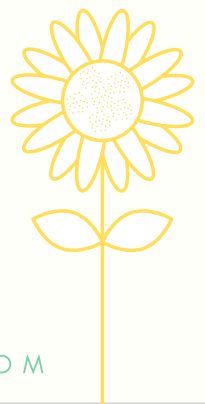
¼ cup cashews, chopped

Optional: 1-2 tbsp fresh parsley

Note: Leftover chicken breast from dinner the night before works great for this salad

SALAD DIRECTIONS:

In a salad serving bowl, toss the lettuce, chicken, mangoes, cherry tomatoes, and red onion until well mixed and colorful. Sprinkle the cashews, feta, and parsley over the top and serve.



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LEMON HONEY MUSTARD DRESSING

DIRECTIONS:

- 2/3 cup nonfat plain Greek yogurt
- 1/4 cup spicy brown mustard (you could use dijon too)
- 1/4 cup lemon juice
- 3 tbsp olive oil
- 2 tbsp honey
- 1 tsp garlic powder (or 1 fresh clove, minced)
- 1/2 tsp salt
- 1/4 tsp black pepper

LEMON HONEY MUSTARD DRESSING

DIRECTIONS:

Whisk all ingredients together until you reach your desired consistency. As always, taste and adjust ingredients and spices to your liking.

EAT & ENJOY

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