

Mango Kiwi Chicken Salad with Light Herb Ranch Dressing



NUTRITION INFORMATION:

SERVES: 6

SALAD CALORIES: 75

WW POINTS: 1SP

DRESSING CALORIES: 25

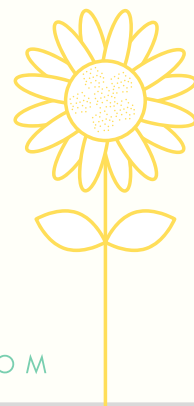
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SALAD INGREDIENTS:

- 3 cups baby spinach
- 3 cups baby kale
- 1 cup mango, diced
- 1 cup kiwi, diced
- 1 cup chicken breast, diced
- ½ cup shaved carrots
- ½ cup of microgreens (sprouts), any type
- ½ cup cucumber, sliced
- ½ cup cherry tomatoes, halved

SALAD DIRECTIONS:

In a large salad serving bowl, toss all salad ingredients (listed above) until well mixed and colorful.



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LIGHT HERB RANCH DRESSING INGREDIENTS:

1 cup nonfat Greek yogurt
1/3 cup low fat or fat free milk
1 tsp onion powder
1 tsp garlic powder
1 tbsp fresh chives
1 tbsp fresh lemon juice
1/2 tbsp fresh parsley
1 tsp fresh dill
1 tsp dijon mustard
1/2 tsp salt
1/4 tsp black pepper

LIGHT HERB RANCH DRESSING DIRECTIONS:

Whisk all ingredients together until well blended. You can add the milk in slowly to arrive at a consistency you like best. Makes about 1.5 cups.

Dressing Notes: If you prefer a thicker ranch, add less milk. If you like it thinner, add more. You can also use dried herbs instead of fresh. If you like your dressing more flavorful, slowly add more spices and herbs to taste.

Store in an airtight container in the fridge.

EAT & ENJOY

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