

Chicken and Fruit Salad

Walnuts, feta cheese, melon and chicken are the base for this fun lunch salad.



Try different fruit-flavored vinegars — such as raspberry or balsamic — in this recipe to find your favorite and to mix up your lunches.

Ingredients:

1/4 cup fat-free plain Greek yogurt
3 Tablespoons fruit-flavored vinegar
4 teaspoons sugar
1 1/2 teaspoons poppy seeds
1/4 teaspoon salt, if desired
Freshly ground black pepper, to taste
8 cups mixed salad greens
2 cups sliced, cooked chicken breast
1 cup chopped melon, such as cantaloupe and/or honeydew
1 cup strawberries, quartered
1/4 cup chopped walnuts, toasted
1/4 cup crumbled feta cheese

Nutrition Facts

Yield 4 servings

Amount Per Serving

Calories 190

Fat 10 g

Saturated fat 2 g

Cholesterol 15 mg

Protein 8 g

Carbohydrates 19 g

Fiber 4 g

Sodium 234 mg

Preparation:

In a large bowl, whisk the Greek yogurt, vinegar, sugar, poppy seeds, salt (if using) and black pepper until smooth. Reserve 1/4 cup of the dressing in a small bowl.

Add the mixed greens to the large bowl and toss to coat. Divide among 4 plates and top with chicken, melon, strawberries, walnuts and cheese.

Drizzle each portion with 1 tablespoon of the reserved dressing.

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