

Chicken Apple & Spinach Salad

Makes 4 servings

For the Dressing:

2 T Honey
1 T Chipotle Peppers, canned, chopped fine
1/3 c Water
1/2 cup Orange Juice
1 1/2 t cornstarch

For the Salad:

6 c fresh Spinach, thoroughly rinsed
1 Apple, cut into bite sized pieces
1/2 store-bought rotisserie Chicken
1/3 c Almonds, roasted, salted, chopped



Place honey, chipotles and water in a small pot and heat on medium heat. Combine orange juice and cornstarch in a small bowl and whisk with a fork until the cornstarch is dissolved. Immediately add orange juice cornstarch mixture to honey mixture and stir to combine with a wooden spoon. Heat and stir as dressing starts to thicken. Continue to stir for an additional 15-20 seconds after initial thickening then remove from heat. Arrange salad ingredients on four plates in order of listing, top with dressing, and serve.

Nutrition information (1/4 recipe): 320 calories, 9g fat, 28g protein, 25g carbohydrate, 460mg sodium, 4g dietary fiber.

