

# Blue is Better Recipe (Serves 4) Chicken Citrus Salad

## Ingredients

### *Citrus Vinaigrette*

- 2 Tbsp. fresh orange juice
- 2 Tbsp. red wine vinegar
- 2 tsp. olive oil
- 3 tsp honey
- 1 1/4 tsp. Dijon mustard

### *Salad*

- 4 small skinless, boneless chicken breasts (12-oz. total)
- 4 c. mixed salad greens
- 2 medium oranges, peeled & sectioned
- Fresh strawberries (optional)

## Preparation Instructions

**Vinaigrette:** In small bowl combine all Citrus Vinaigrette ingredients.

**Salad:** 1. Place chicken on a grill rack over medium-hot coals. Grill uncovered 6 minutes. Turn the chicken; grill for 6-9 minutes longer until chicken is tender & no longer pink. Cut into 1/2" thick slices.

1. In a large bowl toss mixed greens & oranges. Arrange the greens mixture on 4 salad plates. Place a sliced chicken breast on each plate. Drizzle with vinaigrette. Garnish with grapes, if desired.



## NUTRITION FACTS

### Serving Size

1 chicken breast, 1 c. salad,  
1/2 orange

### Amount Per Serving:

**Calories**.....150

Calories from Fat.....45

**Total Fat**.....5 g

Saturated Fat.....1 g

**Cholesterol**.....45 mg

**Sodium**.....85 mg

**Carbohydrate**.....9 g

Dietary Fiber.....1 g

**Protein**.....17 g