



Orange Chicken Salad

2 servings

10 minutes

Ingredients

- 1 Navel Orange (large)
- 1/2 Lime (juiced)
- 1 tsp Honey
- 1 tbsp Extra Virgin Olive Oil
- 1/2 tsp Sea Salt
- 2 cups Arugula
- 1 1/2 cups Radicchio (thinly sliced)
- 300 grams Chicken Breast, Cooked (chopped)

Nutrition

Amount per serving	
Calories	345
Fat	12g
Carbs	15g
Fiber	2g
Sugar	9g
Protein	47g
Cholesterol	156mg
Sodium	681mg
Vitamin A	709IU
Vitamin C	50mg
Calcium	77mg
Iron	1mg

Directions

- 1 Supreme the navel orange by using a sharp knife to slice the rind and peel off. Then cut the segments out from in between the membranes. Set the leftovers from the oranges aside.
- 2 Squeeze the juice from the set-aside leftover orange into a small bowl. Mix in the lime juice, honey, oil, and salt.
- 3 Add the arugula, radicchio, oranges, and chicken to a serving bowl and top with the dressing. Divide evenly between bowls and enjoy!

Notes

Leftovers: Refrigerate the salad and the dressing in separate containers for up to three days. Mix together before serving.

Serving Size: One serving is equal to approximately two cups.

More Flavor: Add shallot and dill to the dressing.

Additional Toppings: Fresh cilantro and mint.

Make it Vegan: Omit the chicken and add tofu or chickpeas instead.