

Power Blend Summer Slaw with Chicken Orange Vinaigrette

Servings

4

Calories

310

Prep Time

15 minutes

Total Time

15 minutes

Skill Level

Easy

Ingredients

- 1 package Mann's Power Blend
- 1 Granny Smith apple, seeded and finely sliced
- 1 Navel orange, peeled and cut into segments
- 1/3 cup Raspberries
- 1/4 cup Toasted slivered almonds
- 1 tablespoon Crystallized ginger, finely chopped
- 2 Grilled boneless chicken breasts, thinly sliced

Orange Vinaigrette

- 1 Navel orange
- 3 tablespoon olive oil, extra virgin
- 1 tablespoon White balsamic vinegar
- 1 teaspoon Honey
- 1 teaspoon Dijon mustard
- 1 Shallot, minced
- Salt and pepper to taste



The Method

Orange Vinaigrette: Zest orange; slice in half. Squeeze juice from orange halves. Whisk together orange juice, zest, extra virgin olive oil, vinegar, honey, mustard and shallot. Season with salt and pepper to taste.

Toss together Mann's Power Blend, apple, orange, raspberries, almonds and ginger; toss gently with Orange Vinaigrette. Divide salad among 4 plates; top with grilled chicken slices.



Power Blend Summer Slaw with Chicken Orange

Nutrition Facts

Servings Size: 290g Servings: 4

Amount Per Serving

Calories 310 | Calories from Fat 140 | Total Fat 15g (sat fat 2g trans 0g | Cholesterol 35mg | Sodium 90mg | Total Carbohydrate 29g | Dietary Fiber 6g | Sugars 18g | Protein 17g | Vitamin A 80% | Vitamin C 130% | Calcium 10% | Iron 8%