

Chicken and Fruit Salad

Makes 4 Servings

Ingredients:

- 5 cups spring mix salad greens
 - 1 1/2 cups cubed, cooked chicken breast
 - 1 1/4 cup sliced, fresh strawberries
 - 2 medium kiwi, peeled and sliced
 - 1 large apple, cored and chopped
 - 1/4 cup reduced fat feta-cheese crumbles
- 1/4 cup poppy seed dressing (fat-free preferred)

Directions:

1. Arrange salad greens evenly on each of 4 plates.
2. Divide chicken, strawberries, kiwi, apple and cheese over greens.
3. Drizzle evenly with salad dressing.
4. Serve immediately.

Nutrition Facts

4 servings per container	
Serving size	(270g)
Amount per serving	
Calories	270
% Daily Value*	
Total Fat 10g	13%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 340mg	15%
Total Carbohydrate 23g	8%
Dietary Fiber 5g	18%
Total Sugars 15g	
Includes 0g Added Sugars	0%
Protein 21g	
Vitamin D 0mcg	0%
Calcium 98mg	8%
Iron 3mg	15%
Potassium 371mg	8%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Family Conversation Starter:

When people grow up, they are almost always responsible for something. What do you want to be responsible for when you grow up?

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