

Honey Mustard Chicken Salad

4 oz. canned low-sodium white chicken, rinsed and drained
¼ tsp. grated lemon peel
2 Tbsp. fat-free, low-sodium honey mustard salad dressing
¼ cup chopped water chestnuts
½ cup sliced, seedless red grapes
1 cup fresh spinach, washed, dried, stems removed
1 tsp. pine nuts
1/8 tsp. black pepper

Toss chicken, lemon peel, salad dressing, water chestnuts and grapes together in small bowl until well-coated. Let stand 5 minutes for dressing to absorb. Toast pine nuts in small nonstick skillet 2 minutes, shaking pan constantly. Arrange spinach on plate; place salad on top of spinach. Sprinkle pine nuts on top; Season with pepper.

Makes 1 Serving.

Calories 213, Total fat 4 g, Total Carbohydrates 33 g, Cholesterol 27 mg, Fiber 2 g, Protein 17 g, Sodium 590 mg.

Marquette General Hospital



**A partnership between the
Heart Institute &
Diabetes Education
at Marquette General**

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