

Smoked Chicken Salad with Raspberry Vinaigrette

Dressing:

¼ cup sugar-free raspberry jam
3 tbsl extra virgin olive oil
1 cup balsamic vinegar

Salad:

¾ pd boneless smoke chicken breast (cut into 3" strips)
6 cups mesclun mix
2 cups fresh raspberries
¼ cup toasted sliced almonds

Nutritional Facts:

Calories = 275
Fat= 17g Sat. Fat = 3g
Protein = 18g Carbs = 25g
Fiber = 6g

Instructions:

Dressing:

In a re-sealable jar or container, combine the jam, oil, and vinegar. Close the lid tightly and shake vigorously.

Salad:

In a large bowl, gently toss the chicken with the dressing. Line a large platter or bowl with the mesclun. Top with the chicken mixture, raspberries, and almonds. (Or, if desired, place the chicken on the mesclun and serve the dressing on the side or drizzled over the top and top with raspberries and almonds).

Makes 4 servings

Source: The South Beach Diet Cookbook