

Spinach, Mango, and Red Quinoa Salad (with Chicken)



Crisp baby spinach blends with sweet mango, tender chicken and a sprinkle of red quinoa in this refreshing salad. Complete with your veggies, protein and wholegrain, this salad is a balance meal in and of itself.

Servings: 2

Here's what you need...

- 2 cups baby spinach
- 1 small carrot, shredded
- 2 Tablespoons red onion, minced
- 1/4 cup red quinoa, cooked
- 1/4 cup ripe mango, diced
- 1 cup cooked chicken breast, diced
- 2 Tablespoons low-fat salad dressing

1. Place the spinach, carrot, onion, quinoa, mango, and chicken in a medium bowl. Toss with dressing.

Nutritional Analysis: One serving equals: 248 calories, 4.7g fat, 301mg sodium, 25.5g carbohydrate, 3.4g fibre, and 25.5g protein.

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