



Chicken and Cranberry Salad

Makes: 4 servings

A simple and delicious salad topped with almonds and dried cranberries for bursts of flavor.

Ingredients

- 12 ounces chicken, cooked and diced (1 1/2 cups)
- 1/2 cup vinaigrette dressing
- 1 cup dried cranberries (or cherries)
- 1/8 cup almonds (sliced)
- 1 head of lettuce (of, - chopped)

Directions

1. Toss chicken, cranberries, and almonds with dressing.
2. Serve on a mound of chopped lettuce.

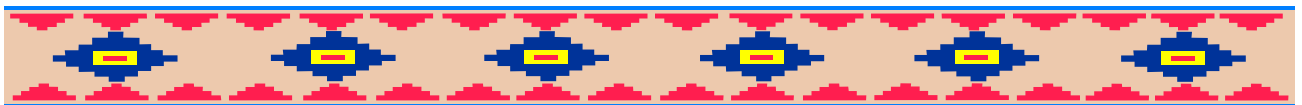
Nutrition Information

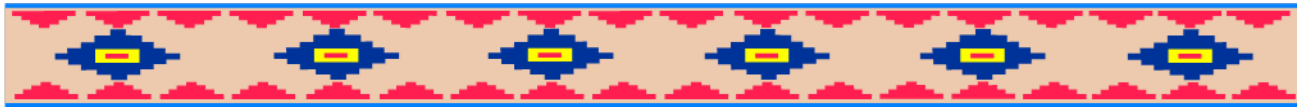
Key Nutrients	Amount	% Daily Value*
Total Calories	364	
Total Fat	16 g	25%
Protein	26 g	
Carbohydrates	30 g	10%
Dietary Fiber	3 g	12%
Saturated Fat	3 g	15%
Sodium	839 mg	35%



**Wisconsin Nutrition Education
Program (WNEP)
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Elkhorn, WI 53121-1001
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Ensalada de Pollo y Arándanos

Sirve: 4 porciones

Una ensalada sencilla y deliciosa cubierta con almendras y arándanos secos para una explosión de sabores.

Ingredientes

12 onzas pollo, cocido y cortado en cubitos (1 1/2 taza)

1/2 taza aderezo de vinagreta

1 taza arándanos secos (o cerezas)

1/8 taza almendras (en rodajas)

1 cabeza de lechuga (cortada)

Preparación

1. Revuelva el pollo, arándanos, y almendras con la vinagreta.
2. Sirva sobre un lecho de hojas de lechuga.

Información Nutricional

Nutrientes	Cantidad	% Valor Diarios*
Calorias	364	
Grasa total	16 g	25%
Proteinas	26 g	
Carbohidrato	30 g	10%
Fibra dietetica	3 g	12%
Grasa saturada	3 g	15%
Sodio	839 mg	35%



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