



Mango, Avocado & Chicken Salad

Ingredients:

1 mango, peeled and sliced thin

1 avocado, peeled and sliced thin

8 cups fresh baby spinach or salad greens of your choice

1/4 red onion, shaved

1/4 seedless cucumber, thinly sliced

1/2 cup snap peas, halved

1 lb cooked chicken thinly sliced or shredded (I used de-boned & skinned rotisserie chicken)

1/4 cup crushed roasted peanuts

Lime Vinaigrette

Ingredients:

juice of 1/2 lime

2 tablespoons orange juice

1 teaspoon honey

1 teaspoon dijon mustard

1 teaspoon grated lime zest

1/4 teaspoon garlic powder

1/4 teaspoon cumin

4 tablespoons olive oil

salt and pepper to taste

Instructions:

Make vinaigrette by adding all ingredients (except salt and pepper) to a tupperware container. Put on lid and shake vigorously until thoroughly mixed. Season to taste with salt and pepper.

For Salad: Mix all ingredients except mango, avocado and peanuts in a bowl. Toss with vinaigrette (you might not need all of it so add a little at a time). Gently add in the mango and avocado. Divide among plates and sprinkle with crushed peanuts.

Serves 3-4 as a main course.