

Tangy Chicken Salad



Courtesy of Amber Murray, Dietetic Intern,
Central Maine Healthcare Clinical
Nutrition Team.

ingredients

3 oz. chicken breast	1 Tbsp. julienned red onion
3 Tbsp. orange juice	1 tsp. sunflower seeds
1 tsp. orange zest	2 Tbsp. raspberry vinaigrette
1 tsp. parsley	1 White or wheat wrap (optional)
2 cups romaine lettuce	
1/2 cup canned mandarin oranges	
1 Tbsp. dried cranberries	

directions

- Marinate chicken in orange juice, orange zest, and parsley 2 hours before cooking
- Place a plate in the fridge or freezer to chill while making the chicken, a chilled plate keeps your salad from wilting while you eat.
- Preheat oven to 400°F and cook chicken for 20-30 minutes until an internal temperature of at least 165°F is reached.
- Take chicken out of oven and cool until an internal temperature of 40°F or lower is reached.
- Cut chicken in to strips.
- Take chilled plate out of the fridge or freezer and place romaine lettuce, prepared chicken, mandarin oranges, dried cranberries, red onion, and sunflower seed kernels on the plate.
- Top with raspberry vinaigrette
- If preferred, roll into a wrap.