

From the Kitchen of Gail Johnson

Asian Chicken Salad

Great for a quick, nutritious tasty lunch.

- 3 ounce grilled chicken breast cut in pieces**
- 2 cups baby spinach**
- ½ cup snow peas or sugar snap peas blanched**
- 1 small red bell pepper cut into pieces**
- 1 tablespoon sliced scallions**
- ½ cup mandarin oranges**
- 2 teaspoons toasted sliced almonds**
- ¼ cup crunchy noodles (LaChoy or equal)**
- 1 tablespoon lime ginger vinaigrette**
- salt and pepper to taste**

Vinaigrette

- 1 tablespoon freshly squeezed lime juice (or other vinegar)**
- 1 teaspoon grated fresh ginger**
- 1 tablespoon olive oil**

Serves 1. One serving totals about 480 Calories.

