

Low-Point Mandarin Chicken Salad

Ingredients:

- 1 1/2 Tbs Mrs. Dash Original Blend
- 2 Tbs canola oil
- 1 Tbs rice vinegar
- 1/4 cup orange juice
- 1 Tbs Dijon mustard
- 1 Tbs honey
- 1/4 cup chicken stock or chicken broth
- 3 cups cooked cubed skinless chicken
- 1 cup celery, chopped small
- 8 oz. mandarin orange segments, drained
- almond slivers
- fresh baby spinach or your favorite greens

For dressing: Combine oil, vinegar, orange juice, Mrs. Dash, mustard, and honey. Place in a container, shake well, and set aside. Combine chicken broth, chicken, and celery in a medium bowl. Pour dressing over chicken mixture and toss to mix well. Add orange segments and spoon mixture on a bed of greens. Add 1 Tbs almond slivers to each serving size if desired.

Total servings - 4 (1 cup servings)

Serving size - 1 cup

Points per serving - 4.5 (with 1 Tbs almonds, 5.5 points)

This delicious recipe can be found on the website *Points In My Life*
(www.pointsinmylife.com)