

Chicken Blueberry Salad with Grapefruit Vinaigrette

Makes 2-3 servings | **Fruits** • **Vegetables** • **Protein**

Ingredients

For the Salad

- 2 ½ cups chopped lettuce
- 1 cup of cooked or canned chicken in chunks or cubes
- 1 cup fresh blueberries
- 2 Tablespoons nuts of choice
- ¼ cup dressing of choice*

For the Vinaigrette

- ½ cup oil
- ¼ cup grapefruit juice
- 2 teaspoons vinegar
- 1-3 teaspoons honey
- ¼ teaspoon garlic powder
- ¼ teaspoon onion powder
- Salt and pepper to taste

Directions

For the Salad

1. Wash hands with warm, soapy water.
2. Combine ingredients in a large bowl.
3. Divide between smaller bowls and serve.

For the Vinaigrette

1. Wash hands with warm, soapy water.
2. Place ingredients in a jar, then seal and shake. Alternatively, mix ingredients in a glass or stainless steel bowl with a fork or whisk.
3. Place in the refrigerator and let stand 15 minutes or longer to blend flavors.
4. Use to dress cold or warm salads, marinate meat or vegetables, or pour over vegetables 30 minutes before roasting.
5. Store extra dressing in the refrigerator and use within 3 days. After 3 days, freeze or discard remaining dressing.



Extension



Recipe from the Cent\$ible Nutrition Program. Learn how to save money, cook quick and healthy meals, and stretch your food dollar by contacting your local CNP educator.

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