



Chicken Blueberry Salad with Grapefruit Vinaigrette

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

Ingredients

- 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*

*Grapefruit Vinaigrette below

Directions

1. Wash hands in warm, soapy water for 20 seconds.
2. Combine all ingredients in a large bowl.
3. Divide between smaller bowls and serve.

Grapefruit Vinaigrette

Makes 1 cup | About 4 servings

Ingredients

- 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

1. Wash hands with warm, soapy water for 20 seconds.
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 vegetable 30 minutes before roasting.
5. Store extra dressing in the refrigerator and use within 3 days. After 3 days, freeze or discard remaining dressing.



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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 Wind River Reservation CNP Educator at <https://uwyo.cnpp.org/wrir/>

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