



Strawberry Avocado Chicken Salad with Orange Poppy Seed Dressing

RECIPE COURTESY HAPPILYUNPROCESSED.COM



INGREDIENTS

For the Salad

- 1 chicken breast, cooked and cubed
- 3 cups baby spinach leaves
- A few slices of red onion
- 1/4 cup sliced almonds
- 1/4 cup dried cranberries
- 1/2 avocado, diced
- 4-5 strawberries, halved or quartered
(organic)Not optional
- 1/4 cup feta cheese

For the Dressing

- 1/4 cup extra virgin olive oil
- 1 teaspoon orange zest
- 1/8 cup orange juice
- 1 tablespoon fresh lemon juice
- 1 tablespoon honey
- 1 - 1 1/2 teaspoons Dijon mustard
- 1/8 teaspoon salt
- 1/8 teaspoon pepper
- 1 tablespoon poppy seed

DIRECTIONS

1. In a small bowl, combine the orange zest, orange juice, lemon juice, honey, and mustard. Whisk together. Very slowly add the olive oil and then the poppy seeds. Refrigerate until ready to use. This salad dressing is best served cold.

2. Add the salad ingredients in a large bowl and pour salad dressing on top.

3. Serve immediately.

Note: This salad dressing makes enough for 2 salads. For a larger group, double the dressing. All ingredients used when making this recipe were organic