

Salad

Caribbean Broccoli Chicken Salad

Publix Apron's

Servings: 4

3 - 4 (3/4 pound total) Deli chicken tenders

1 mango

juice of one lime

1 head Bibb (or iceberg) lettuce

3 tablespoons mango chutney

2 tablespoons peach preserves

3 tablespoons plain low-fat yogurt

2 tablespoons light mayonnaise

1 bag (12 ounce) broccoli slaw

1/2 cup golden raisins

2 tablespoons sunflower seeds

Cut the chicken tenders into thin slices.

Peel and slice the mango (1 1/2 cups).

Squeeze the lime for the juice (1 tablespoon).

Remove the lettuce core. Separate the individual leaves.

Prepare the dressing in a medium bowl by whisking the chutney, preserves and lime juice until smooth. Stir in the yogurt and mayonnaise until blended.

Add the slaw, chicken, mango and raisins. Toss to coat.

Arrange the lettuce leaves on serving plates and top with the salad.

Sprinkle with sunflower seeds and serve.

Per Serving (excluding unknown items): 200 Calories; 4g Fat (17.3% calories from fat); 3g Protein; 42g Carbohydrate; 3g Dietary Fiber; 3mg Cholesterol; 56mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 2 Fruit; 0 Non-Fat Milk; 1/2 Fat; 1/2 Other Carbohydrates.