



Winter Chicken Salad

Directions:

1. To make the vinaigrette: Combine pumpkin, apple cider vinegar, maple syrup, Dijon mustard, garlic, salt and pepper to a blender.
2. Process ingredients then add olive oil slowly, in a thin stream, while blender is running.
3. Slow blender down and add the fresh thyme.
4. To make the salad: Top spring mix with chicken, avocado, pear, green onion, feta, raisins and pumpkin seeds. Drizzle with your favorite vinaigrette.

Nutrition facts include 1.5 oz dressing

Nutrition Facts: 482 cal, 31 g fat, 19 g pro, 36 g carb, 573 mg Na+, 6 g fiber

Ingredients:

1/2 pound cooked chicken breast, diced
4 cups spring mix
1/2 avocado, sliced
1 pear, sliced
1 green onion, diced
1 Tablespoon crumbled feta cheese
1 Tablespoon golden raisins
1 Tablespoon pumpkin seeds

Yield: 2 servings

Time: 25 minutes

Pumpkin Vinaigrette:

1/2 cup pumpkin puree
1/2 cup apple cider vinegar
1 Tablespoon maple syrup
1 Tablespoon Dijon mustard
1 garlic clove, minced
Pinch salt and pepper
1 1/4 cups extra virgin olive oil
1/2 teaspoon fresh thyme, chopped