Dinner

Baby Spinach Salad with Chicken and Avocado

Tender baby spinach piled with creamy avocado, juicy tomatoes, chicken and crunchy sunflower seeds, finished with a light ranch dressing.



Nut free

15 min	210	10 g	2 g
time	calories	carbs	sugars

Ingredients, 4 servings

- [ ] 12 oz baby spinach
- [ ] 1 small avocado (pitted and cut into thin slices)
- [ ] 2 med roma (plum) tomatoes (diced)
- [ ] 1 cup cooked chicken breast (diced)
- [ ] 4 tbsp sunflower seeds
- [ ] 6 tbsp light ranch dressing

Method

- [ ] **1** Tip the baby spinach into a large salad bowl.
- [ ] **2** Scatter in the avocado slices, diced roma (plum) tomatoes, cooked chicken breast and sunflower seeds.
- [ ] **3** Pour over the light ranch dressing and toss everything until evenly coated.
- [ ] **4** To prepare in advance, divide the salad between four containers and add 1 1/2 tbsp of the light ranch dressing to each just before eating.

Nutrition Facts

Per serving

Calories	210
Total fat	13 g
Saturated fat	2 g
Sodium	370 mg
Total carbs	10 g
Fiber	5 g
Total sugars	2 g
Protein	13 g

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