Lunch

Chicken and Mango Salad with Romaine

A chilled salad of tender chicken and sweet mango tossed in a creamy, tangy dressing, served on crisp romaine leaves.



Gluten free | Nut free

45 min	160	13 g	10 g
time	calories	carbs	sugars

Ingredients, 6 servings

- [ ] 1/3 cup light mayonnaise
- [ ] 3 stalks green onion (scallion) (chopped)
- [ ] 2 cup cooked chicken breast (diced)
- [ ] 2 cup mango (chopped)
- [ ] 1 med green bell pepper (seeded and chopped)
- [ ] 1 tbsp apple cider vinegar
- [ ] 2 tbsp lemon juice
- [ ] 1 tsp sugar
- [ ] 18 leaves romaine lettuce

Method

- [ ] **1** Stir the light mayonnaise and chopped green onion together in a small bowl, then cover and chill.
- [ ] **2** In a large bowl, toss together the cooked chicken breast, mango, and green bell pepper.
- [ ] **3** Put the apple cider vinegar, lemon juice, and sugar into a container with a tight lid and shake well.
- [ ] **4** Pour the vinegar mixture into the chilled mayonnaise and green onion mixture and stir until smooth.
- [ ] **5** Pour the dressing over the chicken mixture, toss well to coat, and chill for 30 minutes.
- [ ] **6** Line a plate with the romaine lettuce leaves and spoon the salad on top to serve.

Nutrition Facts

Per serving

Calories	160
Total fat	6 g
Saturated fat	1 g
Sodium	240 mg
Total carbs	13 g
Fiber	2 g
Total sugars	10 g
Protein	14 g

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