

Chicken, Blueberry & Orange Salad



Serves 6

1/2c Italian dressing, bottled, fat~free

2T orange marmalade

3T mayonnaise, fat~free

3c chicken breast, boneless, skinless,
cooked, diced

2 ~ 4oz cans mandarin oranges, drained

3c blueberries, fresh

1c red bell peppers, diced

salt and pepper, to taste

In large bowl, combine dressing, marmalade and mayonnaise. Whisk together well until creamy. Cover and refrigerate until needed.

Stir cooked chicken, blueberries, red bell peppers and oranges together and drizzle dressing over chicken mixture.

Add salt and pepper to taste.

Cover and keep refrigerated until ready to serve.

Prepare Ahead Tip

Make salad without dressing up to 48 hours ahead. Store dressing separately in refrigerator. Dress chicken when ready to serve.