



# Mango Chicken Salad

Prep Time: 15 minutes

Cost per serving: \$0.98

## What you need:

### Utensils:

- Knife & cutting board
- Small bowl
- Medium bowl
- Measuring spoons & cups
- Whisk or fork

### Ingredients:

- 2/3 cup plain low fat yogurt
- 3/4 cup chopped fresh cilantro
- 2 tablespoons fresh lime juice
- 1 tablespoon fresh lime zest
- 2 teaspoons Dijon mustard
- 1/4 teaspoon dry cayenne pepper
- 1/4 teaspoon ground black pepper
- 2 cups shredded cooked chicken
- 1 large fresh mango, diced
- 6 cups fresh spinach leaves

### What to do:

1. Wash your hands and clean your cooking area.
2. In a small bowl, whisk yogurt, cilantro, lime juice, lime zest, Dijon mustard, and spices to make a dressing.
3. Mix chicken and mango in medium bowl.
4. Add dressing to chicken salad and mix well.
5. Serve 1/2 cup chicken salad on top of 1 cup of washed spinach leaves.



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FOR TEXANS**

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## Nutrition Facts

Serving Size 1/2 cup  
Servings Per Container 6

Amount Per Serving

**Calories 140**    **Calories from Fat 20**

% Daily Value\*

**Total Fat 2.5g**    **4%**

Saturated Fat 1g    **5%**

Trans Fat 0g

**Cholesterol 40mg**    **13%**

**Sodium 125mg**    **5%**

**Total Carbohydrate 13g**    **4%**

Dietary Fiber 2g    **8%**

Sugars 10g

**Protein 17g**

Vitamin A 100%    •    Vitamin C 60%

Calcium 10%    •    Iron 10%