

# Nectarine Chicken Salad

Oshkosh Community YMCA

Wonderfully light and refreshing salad with a delicious dressing.

## **INGREDIENTS:**

- 1/4 cup lime juice
- 1 tablespoon sugar
- 1 tablespoon minced fresh thyme or 1 teaspoon dried thyme
- 1 tablespoon olive oil
- 1 garlic clove, minced
- 6 cups torn mixed salad greens
- 1 pound boneless skinless chicken breasts, cooked and sliced
- 5 medium ripe nectarines, thinly sliced



## **INSTRUCTIONS:**

1. In a jar with a tight-fitting lid, combine the lime juice, sugar, thyme, oil and garlic; shake well.
2. On a serving platter, arrange salad greens, chicken and nectarines. Drizzle with dressing. Serve immediately.

## **Nutrition Facts**

1-1/2 cups: 266 calories, 7g fat (1g saturated fat), 63mg cholesterol, 76mg sodium, 27g carbohydrate (21g sugars, 5g fiber), 26g protein. Diabetic Exchanges: 3 lean meat, 1-1/2 starch, 1 vegetable, 1 fat.

Nutrition is provided as a courtesy and is an estimate. If this information is important to you, please have it verified independently.