



## Asian Chicken, Grilled Veggie & Brown Rice Salad

**Prep: 15 minutes • Serves: 4**

- ½ (5-ounce) container baby spinach (about 2 packed cups)
- 3½ cups leftover Grilled Veggies & Brown Rice with Asian Vinaigrette
- 2⅔ cups sliced skinless rotisserie chicken meat (about 12 ounces)
- 1 large ripe avocado, peeled, pitted and chopped
- Chopped fresh cilantro for garnish (optional)

**1.** In large bowl, toss spinach and grilled veggie mixture. Makes about 5½ cups.

**2.** Serve spinach mixture topped with chicken and avocado garnished with cilantro, if desired.

*Approximate nutritional values per serving  
(1½ cups spinach mixture, ⅔ cup chicken, ¼ avocado):  
429 Calories, 18g Fat (3g Saturated), 86mg Cholesterol,  
619mg Sodium, 41g Carbohydrates, 10g Fiber, 9g Sugars, 29g Protein*

### **Chef Tips**

*To remove breasts from rotisserie chicken in 1 piece, use the tip of a sharp knife to cut lengthwise along each side of the keel bone (the bone running lengthwise along the top of the chicken), angling the knife blade along the rib cage.*

*For all white meat, use 2 rotisserie chickens, and use leftover dark meat to make enchiladas or chicken salad.*

### **Dietitian's Dish**

- > The avocado and spinach add nourishing superfoods to this dish! They contain nutrients which may help promote good vision.