

Recipe Name: Apple, Mandarin Orange, Spinach Salad with Chicken and Orange Poppy Dressing

Recipe Category: Lunch Entrée

Portion Size: 2 oz. (1/3 c.) chicken, 1 c. lettuce mixture , 2 tablespoons dressing

Ingredients: Yields: 8 servings

Ingredients	Notes:
1/4 cup canola oil	
1 1/2 pounds boneless, skin less chicken breasts	Diced
8 cups baby spinach	Leaves separated, washed, and dried. May use other greens.
1 cup fresh red delicious	Washed, trimmed and sliced (leave the peeling on for more color and fiber)
1/4 cup finely chopped walnuts	
1 cup fresh or canned mandarin orange slices	Washed, peeled, pit removed and diced, Remove any tough membranes.
4 oz. feta cheese, crumbled	
Dressing:	
1/3 cup honey	
1/2 cup light mayonnaise or plain Greek yogurt	
2 tablespoons olive oil	
3 tablespoons fresh orange juice (plus the zest of the orange optional)	Washed, peeled, zested and juiced.
2 teaspoons poppy seeds	
1/4 teaspoon salt	

Directions:

Steps:	Directions:	Critical Control Point /Quality Assurance
1	Season chicken with salt and pepper. In a skillet, sauté chicken breast in oil until no longer pink. Drain fat.	Cook until internal temperature reaches 165°F for 15 seconds.
2	Chill. Cut into thin strips	
3	Whisk together salad dressing in a small bowl and chill.	
4	On salad plates, arrange spinach, apples, oranges, walnuts, avocado, and feta cheese. Top with chicken. Add, salad dressing just before serving.	Chilled internal temperature maintained at 41°F.
5	Toss until well coated. Serve immediately	

Time Temperature Sensitive food. Food safety Standards: Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41° F. Follow proper cooling procedures. Store leftovers in a tightly sealed, labeled and dated container. Use leftover within 72 hours stored in refrigerator. Do not freeze. Cold holding at 41°F or colder or using time alone (less than four hours). Always wash hands and wash and sanitize counter tops utensils and containers between steps when working with raw poultry. Wear gloves when handling ready to eat foods.

Texture Modified Diets:

Soft & Bite Size: (aka Bite size) **Food particle size 1/2 inch (~width of standard fork)** Food must be moist. Cut foods with a knife to a 1/2" particle size prior to mixing. Foods that do not process well should be omitted. Omit: walnuts. Peel and shred apples. Serve 1/3 c. meat on top of 1 c. lettuce mixture serving (lettuce and apple no larger than 1/8" X 1/8" X 1/8"). Moisten with dressing

Chopped: **Food particle size 1/4 " inch (~ 1/2 width of standard fork)** Food must be moist. Chop foods with a knife to 1/4" particle size prior to mixing. Foods that do not process well should be omitted. Omit walnuts. Peel and shred apples. Serve 1/3 c. meat on top of 1 c. lettuce mixture serving (lettuce and apple no larger than 1/8" X 1/8" X 1/8"). Moisten with dressing.

Minced and Moist:(aka Minced/Mechanical Soft/Ground) **Food particle size 1/8" (fits through prongs of standard fork)** Food must be moist. Use a food processor to grind food particles into 1/8 inch prior to mixing. Foods that do not process well should be omitted. Omit: walnuts Serve 1/3 c. meat on top of 1 c. lettuce mixture. Moisten with dressing.

Pureed: Smooth and cohesive. Use a food processor to puree to a smooth consistency. Foods are processed by grinding and then pureeing them. Puree meat while still hot. Appearance should be smooth like pudding. Foods that do not process well should be omitted. Omit: walnuts Serve 1/3 c. puree meat and 1 cup puree spinach salad separately.

Therapeutic Modified Diets:

Lowfat: Omit avocado and use fat free feta or omit.

Diabetic/No added Sugar/No Conc. Sweets/Calorie Controlled: No changes needed

Bland/Anti Reflux: Serve 1 cup spinach topped with plain chicken breast and light mayonnaise.

Liberal House Renal: Omit Feta and salt. Use nonfat Greek plain yogurt in place of mayonnaise.

No Added Salt: No changes **2 Gram Sodium:** Omit Feta and salt. Use nonfat Greek plain yogurt in place of mayonnaise.

Gluten Free: No changes

Allergy Alerts: When an "X" is present, this indicates the allergen is present. Always read all food labels to ensure allergens are not present.

Wheat	Milk	Eggs	Fish Shellfish	Soy	Peanuts/Nuts	Other
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	X	X		X	X	
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Key: SF= Salt Free D= Diet or Sugarfree LF = Lowfat FF = Fat Free GF = Gluten Free