



Berry-Pine Nut Chicken Salad

For dressing, combine 3 tbsp red wine vinegar, 2 tbsp seedless raspberry jam, 1 tsp Dijon mustard, $\frac{1}{4}$ cup olive oil, $\frac{1}{8}$ tsp salt and $\frac{1}{8}$ tsp coarsely ground black pepper in **Measure, Mix & Pour™**; mix well and set aside.

For salad, wash 1 bag (5-6 oz) Boston lettuce salad blend and 1 cup blueberries using **Salad & Berry Spinner**. Layer salad blend, berries, 1 lb thinly sliced cooked chicken breasts and $\frac{1}{4}$ cup thinly sliced red onion. Top with 8 oz sugar snap peas, cut in half. Add dressing and toss gently. Sprinkle with $\frac{1}{4}$ cup toasted pine nuts. Yield: 4 servings

Nutrients per serving: Calories 450, Total Fat 24 g, Saturated Fat 3.5 g, Cholesterol 95 mg, Carbohydrate 20 g, Protein 39 g, Sodium 200 mg, Fiber 3 g

From *The Pampered Chef® 29 Minutes to Dinner* cookbook. See page 52 for cookbook.