

No-Cook

MAPLE-NUT CHICKEN SALAD

Makes: 6 servings at \$1.27 each.

Prep: 15 minutes.

- ½ fully cooked roasted chicken**
- 1 bag (1 pound) broccoli coleslaw
OR cabbage coleslaw**
- 1 can (about 15 ounces) black-eyed peas, drained and rinsed**
- ⅓ cup maple syrup**
- ⅓ cup cider vinegar**
- ⅓ cup olive oil**
- ½ teaspoon grainy mustard**
- ½ teaspoon salt**
- ¼ teaspoon pepper**
- ½ cup smoked almonds**

1. Remove skin from chicken; remove meat from bones and shred (you should have about 1½ cups); discard bones.

2. Toss together the broccoli coleslaw, shredded chicken and black-eyed peas.

3. Whisk together maple syrup, vinegar, oil, mustard, salt and pepper in small bowl. Pour over salad; toss to combine. Add almonds just before serving.

Nutrient Value Per Serving:

386 calories, 25 g fat (3 g saturated),
18 g protein, 27 g carbohydrate, 6 g fiber,
454 mg sodium, 31 mg cholesterol.

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