



Cool Mango Chicken Salad

- 1/2 cup low-fat ranch dressing
- 2 tablespoons chopped mint
- 2 teaspoons honey
- 1 mangos or 1 cup drained canned mandarin oranges
- 1 avocados
- 2 cups cubed cooked chicken breast
- 1/2 cup Almond Accents® Ranch Style Flavored Sliced Almonds

In large bowl, whisk together ranch dressing, mint and honey. Pit and peel mangos and avocados; cut into cubes. Add chicken, mangos and avocados to dressing. Toss gently until evenly coated with dressing. Transfer to serving dish or 4 plates. Sprinkle with Almond Accents.

Serves 4

Nutrition Information Per Serving: 392 calories; 21 g fat; 72 mg cholesterol; 503 mg sodium; 23 g carbohydrate; 5 g fiber; 30 g protein



Preparation Time : 10
minutes

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