

Serves 8

½ lb. baby spinach, washed, dried
8 each chicken breasts, grilled
½ cup orange juice, concentrate
2 Tbsp. sugar
2 Tbsp. vinegar

1/4 tsp. salt 1/2 cup vegetable oil

Cooking Instructions:

- 1. Cut chicken into thin strips.
- In a blender combine the juice concentrate, sugar, vinegar, and salt. Gradually add in the oil. Transfer to a small pitcher or bowl and refrigerate at least 1 hour.
- 3. Toss baby spinach with dressing just before serving.
- 4. On plates place baby spinach leafs and top with grilled chicken breast strips.

Suggestions:

- · Let children assemble their own salads.
- Serve with mandarin oranges (can use as another topper for the salad).
- Serve with wheat bread and make homemade croutons as another topping.



Serves 8

3/4 lb. baby spinach, washed, dried 8 each chicken breasts, grilled

1/4 cup orange juice, concentrate

2 Tbsp. sugar

2 Tbsp. vinegar

1/4 tsp. salt

½ cup vegetable oil

Cooking Instructions:

- 1. Cut chicken into thin strips.
- In a blender combine the juice concentrate, sugar, vinegar, and salt. Gradually add in the oil. Transfer to a small pitcher or bowl and refrigerate at least 1 hour.
- 3. Toss baby spinach with dressing just before serving.
- 4. On plates place baby spinach leafs and top with grilled chicken breast strips.

Suggestions:

- · Let children assemble their own salads.
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- Serve with wheat bread and make homemade croutons as another topping.





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GROW FIT™



Serves 8

¾ Ib. baby spinach, washed, dried8 each chicken breasts, grilled¼ cup orange juice, concentrate2 Tbsp. sugar

2 Tbsp. vinegar

1/4 tsp. salt

½ cup vegetable oil

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