

Eat Smart • Move More

Tazas de Ensalada de Pollo

Tiempo de Preparación: 10 minutos

Tiempo Total: 15 minutos



Ingredientes

10 onzas de pollo en lata, en agua y drenado
½ taza de espinaca, picada
½ taza de fresas, en dados
2 ½ cebollines, en rodajas finas
¼ taza de crema agria
4 cucharaditas de mostaza amarilla
2 cucharaditas de orégano deshidratado
¼ cucharadita de pimienta negra molida
12 hojas de lechuga

Nutrition Facts

6 servings per container

Serving size 1 serving (406.02g)

Amount per serving **Calories** 120

% Daily Value*	
Total Fat	4g 5%
Saturated Fat	1g 5%
Trans Fat	0g
Cholesterol	35mg 12%
Sodium	180mg 8%
Total Carbohydrate	10g 4%
Dietary Fiber	4g 14%
Total Sugars	4g
Includes g Added Sugars	
Protein	16g
Vitamin D	0mcg 0%
Calcium	150mg 10%
Iron	5mg 30%
Potassium	930mg 20%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Preparación

- En un bol, combinar el pollo, la espinaca, las fresas y los cebollines.
- En otro bol, mezclar la crema agria, la mostaza, el orégano y la pimienta negra para hacer el aderezo.
- Gentilmente, verter el aderezo sobre la mezcla de pollo.
- Servir la ensalada de pollo, en partes iguales, sobre las hojas de lechuga.

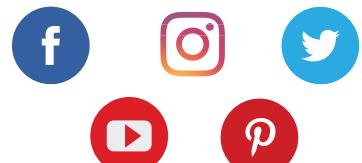
(Receta de Summer Foods, Summer Moves listada como:
<https://fns-prod.azureedge.net/>)

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Consejos Rápidos

- Considerar agregar moras azules, duraznos en dados o uvas en mitades para lograr una ensalada de pollo con más frutas.
- En vez de servir sobre hojas de lechuga, sirva sobre sus hojas verdes favoritas.
- Reemplace el orégano molido por eneldo deshidratado para cambiar un poco el sabor.

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