

# 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		
<b>Serving size</b>		<b>1 serving</b>
		<b>(406.02g)</b>
<b>Amount per serving</b>		
<b>Calories</b>		<b>120</b>
		<small>% Daily Value*</small>
<b>Total Fat</b>	4g	<b>5%</b>
Saturated Fat	1g	<b>5%</b>
Trans Fat	0g	
<b>Cholesterol</b>	35mg	<b>12%</b>
<b>Sodium</b>	180mg	<b>8%</b>
<b>Total Carbohydrate</b>	10g	<b>4%</b>
Dietary Fiber	4g	<b>14%</b>
Total Sugars	4g	
Includes g Added Sugars		
<b>Protein</b>	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.

### Consejos Rápidos

- ▶ Considere 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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### 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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