

Chicken Salad with Mango & Basil

INGREDIENTS:

Dressing

- 1 small cooked rotisserie chicken (about 1½ pounds)
- 3 tablespoons red wine or raspberry vinegar
- 3 tablespoons fresh basil, minced
- Pinch sugar
- 3 tablespoons vegetable oil
- Salt and pepper, to taste

Salad

- 1 mango, mostly ripe but still firm
- 10-ounce bag hearty salad mix, including radicchio
- 1½ cups garlic croutons

INSTRUCTIONS: For the dressing: If the chicken is no longer warm, heat according to package directions, or place the bag or container in the microwave (removing any metal ties) and heat on high for 3 minutes.

Drain out 2 tablespoons of the chicken juice/drippings and pour into a large salad bowl with the vinegar, basil and sugar. Whisk in the vegetable oil. Season with salt and pepper, but note that the drippings may be very salty.

For the salad: Remove the meat from the chicken, discarding the skin, and shred the meat into long, bite-size pieces. You should have around 2½ cups shredded chicken, which you can put right in the salad bowl.

Cut the mango into thin half-slices and place into the salad bowl. Add the salad mix and garlic croutons. Sprinkle with a pinch of salt and pepper, and toss.

Serves 3-4.

PER SERVING: 980 calories, 38 g protein, 21 g carbohydrate, 83 g fat (21 g saturated), 142 mg cholesterol, 372 mg sodium, 3 g fiber.