

# Healthy Recipe of the Week

*Use Organic ingredients whenever possible.*

## Spicy Honey Chicken Salad

This makes 4 large salads or 6 smaller ones

1-2 heads Romaine or Red Leaf Lettuce

2 ripe but firm mangoes, chilled

2-3 ripe but firm avocados

Optional: thinly sliced red onion

Spicy honey chicken (See previous healthy recipe of the week.)

While chicken is grilling, wash lettuce and divide among serving plates. Slice avocados, onions, and mangoes and place them on top of the lettuce. When chicken is finished, let it sit for 5 minutes before slicing to preserve the juices. Then slice it up and divide among the salads. Top with the Honey-Citrus Vinaigrette.

### Honey-Citrus Vinaigrette

1 garlic clove, minced

½ T grated onion

1/3 cup fresh orange juice

3T fresh lime juice

2T honey

¾ tsp cumin

½ tsp salt

¼ tsp ground black pepper

½ cup vegetable oil

Place all ingredients in a tightly sealed jar and shake vigorously. Store in the fridge, and shake before dressing salad.