



BODYBUILDING.com™

Orange Pecan Chicken Salad

Ingredients:

- Handful of blackberries (about 7)
- ¼ cup pecans
- 1 tbsp sunflower seeds
- ¼ orange
- 1 cup mixed dark, leafy greens
- 4 oz chicken breast

Directions:

1. Place greens in a large bowl.
2. Cut 1/4 orange into small bite-sized pieces and add to greens.
3. Top salad with the remaining ingredients and enjoy.