Crunchy Chicken Salad

**Ingredients:**
- 2 cups broccoli slaw mix
- 2 cups shredded carrots
- 2 cups red bell pepper, sliced
- 1 cup pineapple tidbits in 100% juice, drained
- 1 cup boneless, skinless chicken breast, cooked and chopped
- 1/4 cup sliced almonds
- 1/2 cup light poppy seed dressing

**Directions:**
1. Cook chicken until it reaches 165°F internally. Cool and chop into medium sized pieces.
2. Combine all ingredients in a large bowl.
3. Chill for 2 to 3 hours before serving.

**NUTRITION FACTS**

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>Calories</th>
<th>Fat</th>
<th>Cholesterol</th>
<th>Sodium</th>
<th>Total Carbohydrate</th>
<th>Dietary Fiber</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 1/2 cups</td>
<td>266</td>
<td>10 g</td>
<td>0 mg</td>
<td>251 mg</td>
<td>28 g</td>
<td>7 g</td>
<td>15 g</td>
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</tbody>
</table>

Serve with: Fresh spinach, fresh fruit, whole grain crackers