



Orange Chicken Chop Salad (Vegan)

Recipe courtesy of UConn Dining Services | dining.uconn.edu/recipes

Makes 1 salad, Contains: wheat & soybeans

Dressing: Blood Orange Shallot Vinaigrette

Makes 7 servings

½ teaspoon blood orange zest

¾ cup fresh blood orange juice

2 tablespoons fresh lemon juice

2 tablespoons finely chopped shallot

2 teaspoons whole grain mustard

1 teaspoon kosher salt

½ teaspoon ground pepper

¾ cup vegetable oil

Whisk together all ingredients, except for oil, in a bowl.

Slowly whisk oil in until emulsified.

Orange Chopped Salad with Vegan Chicken

1 oz spring lettuce mix

2 oz baby kale

2 tablespoons Mandarin orange slices

3 oz Gardein vegan chicken strips

3 tablespoons chickpea beans

4 tablespoons Blood Orange & Shallot Vinaigrette

Mix the spring lettuce mix and baby kale together with chicken strips.

Add ¼ cup blood orange dressing to the greens with chicken and toss until coated.

Top with Mandarin orange sections and chickpeas.