

Greek-Style Chicken Fig Salad

¼ cup orange juice
1 tablespoon plain nonfat yogurt
1 tablespoon lemon juice
1 garlic clove, crushed with a garlic press
½ tablespoon Dijon mustard
Pepper, to taste
¼ teaspoon olive oil
1 ½ cups (1 pound) cooked, diced chicken breast meat
1 ½ cups (15 1/2 –ounce can) canned chickpeas, rinsed and drained
½ cucumber, peeled and sliced ¼ inch thick
½ small red onion, finely chopped
¾ cup (about 10) fresh figs, diced
3 cups (4 ounces) mixed salad greens
6 tablespoons (1 ounce) chopped fresh mint

In a large bowl, whisk together the orange juice, yogurt, lemon juice, garlic, mustard and pepper. Whisk in the olive oil until well blended. Add the chicken, chickpeas, cucumber, onion, and figs. Stir and toss to coat well (see note). Store in refrigerator until ready to serve.

To serve: Divide the salad greens among 6 individual plates. Top each with an equal amount of the chicken mixture. Sprinkle with the mint.

Note: The recipe makes enough dressing to lightly coat the salad ingredients. If you prefer a heavier coating, you may double the dressing ingredients.