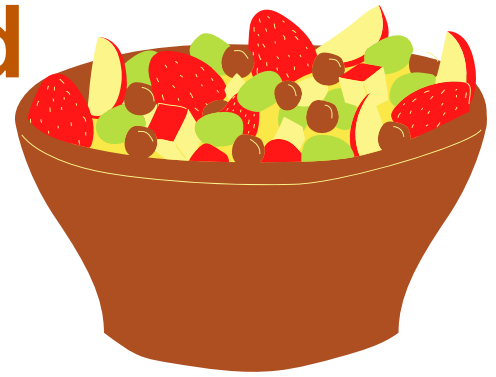


Rotisserie Chicken And Fruit Salad



Ingredients

- 1/2 lb Rotisserie Chicken
- 1/4 Onion
- 1 head Romaine Lettuce
- 1/4 cup Pecans
- 2 tbsp Red Wine Vinegar
- 1/2 cup Olive Oil
- 1/2 tsp Ground Mustard
OR 1 tsp Dijon Mustard
- Pinch of Pepper
- 1/2 cup of preferred Berries

Directions

1. Shred chicken, dice onion, and cut lettuce into pieces.
2. In a dry skillet, roast pecans for 8 minutes.
3. In a bowl, mix vinegar, oil, onion, mustard, and pepper.
4. Arrange 1/4 of all dry ingredients then top with 1/4 of the vinegar dressing mixture to make four servings.

Fruit and Diabetes

You may be concerned that the sugar in fruit will affect your blood sugar. Sugars found in fruits are WHOLE sugars which are different than the artificial sugars found in soda and candy. They contain fiber which slows down digestion, slowing the effect on your blood sugar.

Pairing fruits with other fiber-rich foods also helps slow down digestion and aid in proper metabolism. The fiber found in the romaine lettuce and pecans in this recipe will do just that! Always remember to count fruit as a carb in your diet, but as a whole carb that is good fuel for your body!