

Chicken and Avocado Mango Salad

4 Servings

- 2 Tbsp. Brown Sugar
- 1/4 Cup Water
- 1/3 Cup Apple Cider Vinegar
- 1/2 Cup Chili Garlic Sauce
- 4 Cups Shredded Cooked Chicken
 - 2 Mangoes, peeled and diced
 - 2 Avocados, peeled and diced
- 1 (10 oz.) Package Spring Lettuce Mix

- 1 In saucepan over medium-high heat, stir together brown sugar and water. Bring to boil. Pour into a medium bowl. Stir in garlic chili sauce and lime juice. Set aside.
- 2 In large bowl, toss together chicken, mangoes and avocados. Arrange spring salad mix on serving plates, top with a few spoonfuls of chicken mixture. Pour dressing over the top.

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Ginger-Miso Sweet Pea Spread

4 Servings

1/4 Cup Canola Oil

2 Scallions, thinly sliced

1 Tbsp. Fresh Ginger, thinly sliced

1 Jalapeño, seeded, minced

1 lb. Frozen Baby Peas, thawed

3 Tbsp. Miso

- 1 In a large skillet, heat the oil. Add the scallions, ginger and jalapeño and cook over moderate heat, stirring, until fragrant, about 1 min. Add the peas and cook, stirring occasionally, until tender, about 3 min.
- 2 Transfer the pea mixture to a food processor and let cool slightly. Add the miso and 1/4 cup of water and puree until smooth. Spoon the spread into a bowl.

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Tex-Mex Turkey Chili

4 Servings

- 1 Yellow Onion, chopped
- 3 Garlic Cloves, minced
- 1 lb. Ground Turkey
- 1 Tbsp. Chili Powder
- 1 Tbsp. Ground Cumin
- 2 (14.5 oz.) Canned Stewed Tomatoes,
undrained
- 1 (16 oz.) Canned Pinto Beans,
drained and rinsed
- 1 Green Bell Pepper, diced
- 3/4 Cup Medium Salsa Jar

- 1 Coat large saucepan with cooking spray. Add onion and garlic; cook over medium heat 5 minutes, stir occasionally.
- 2 Crumble turkey into saucepan. Season to taste with chili powder, cumin and salt. Cook turkey as specified on the package. Always cook well-done, 165°F, measured by meat thermometer.
- 3 Add tomatoes, beans, bell pepper and salsa. Bring to boil over high heat. Reduce heat; simmer 10 minutes, stir occasionally.

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