



## Chicken & White Bean Salad

1 medium clove garlic  
1/4 teaspoon salt  
5 tablespoons extra-virgin olive oil  
6 tablespoons fresh orange juice, plus more to taste  
1/4 cup white-wine vinegar  
1 tablespoon Dijon mustard  
1 15-ounce can white beans, rinsed and drained  
2 1/2 cups chicken breast, cooked and diced  
2 cups diced zucchini and/or summer squash (about 2 small)  
1 1/2 cups diced celery  
1/4 cup feta cheese  
1 cup coarsely chopped fresh basil  
salt & freshly ground pepper to taste  
4 cups salad greens

Peel the garlic, mash with a fork, then mix with 1/4 teaspoon salt in a small bowl to form a coarse paste. Whisk in 5 tablespoons oil. Add 6 tablespoons orange juice, vinegar and mustard; whisk until well blended. Set aside at room temperature.

Combine beans, chicken, zucchini, celery, and cheese in a large bowl. Add chopped basil and 3/4 cup vinaigrette and toss. Taste and season with salt and/or pepper, if desired.

Toss the remaining vinaigrette with salad greens in a medium bowl. Top individual servings of greens with bean mixture. Makes 8 smaller servings.

**Nutrition information per serving: 214 calories, 17 grams protein, 11 grams fat, 12 grams carbohydrate, 333 mg sodium.**

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