

Rice Medley Chicken Salad*

Dressing:

1 tsp jarred garlic or 2 large cloves, minced
1 tbsp Dijon mustard
½ tsp salt
¼ tsp sugar
¼ tsp ground pepper
¼ cup rice vinegar
⅓ cup canola oil

Combine all ingredients, mix well in bowl.

Nutrient Value (1-cup serving) without garnish**

Calories: 295 Carbohydrate: 26 g

Protein: 18 g Saturated Fat: 1.5 g

Fiber: 2 g

** 1 tbsp pecans adds 44 calories, 1g carb, 1g protein, 0.5g sat fat, 1g fiber.

1/7 avocado adds 32 calories, 2g carb, 0g protein, 0.5g sat fat, 1g fiber.

* Based on North Shore Chicken Salad by Judy Goplerud, St. Ansgar, IA, *With Heart & Soul*, Cracom Publishing, 1995

Salad:

4 cups cooked brown basmati & wild rice medley – recommend World Classics© found at Hy-Vee in rice section (cooked in reduced-sodium chicken broth)
2 cups cooked, cubed skinless, boneless chicken breast (about 12 oz chicken)
3 green onions, including tops, sliced
1 medium red bell pepper, diced
½ cup pea pods, cut in 1-inch pieces
1-2 ripe avocados, cut in medium-size pieces
½ cup toasted pecan halves (to toast nuts, place on baking sheet in oven preheated to 300 degree F for 10 minutes)

Toss warm rice in a medium bowl, then cool. Add chicken, onions, red pepper, pea pods to rice, toss with dressing. Cover and refrigerate 2 to 4 hours. Toss gently again before serving. Garnish with avocado pieces and toasted pecans.

Yield: 7 cups

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