Chicken Rice Salad

Add fresh vegetables and seasonings to leftover chicken that has been properly handled and rice for a quick and delicious salad.

Makes: 4 servings

Prep Time: 10 minutes
Cook Time: 15 minutes

Source: MyPlate.gov

Ingredients

- **4 cups Lettuce**
- **2 cups Brown rice, cooked**
- **2 cups Chicken breast, skinless roasted**
- **1 Tomato, diced**
- **1 Green pepper, diced**
- **1 Tsp Olive oil**
- **1 Lemon, juiced**
- **2 Tsp Vinegar**
- **Hot Sauce (optional)**
- **Italian Herb Mix**
- **Black Pepper to taste (optional)**

Directions

1. **Toss all ingredients together in a large salad bowl.**
2. **Use personal taste preferences to determine the amounts of seasonings.**
3. **Serve immediately. This salad looks great when served on a large plate with a few of the seasonings sprinkled on top.**

Utensils Needed

- **Sharp knife**
- **Mixing bowl**
- **Measuring Spoons**
- **Measuring Cups**
- **Skillet**
- **Baking Sheet**

Small Changes, BIG Difference!

Grains — Choose MyPlate.gov

Protein — Choose MyPlate.gov

Nutrition Information

Serving Size: 2 cups

Nutrients	Amount
Calories:	274
Total Fat:	7 g
Saturated Fat:	1 g
Cholesterol:	68 mg
Sodium:	356 mg
Total Carbohydrates:	27 g
Dietary Fiber:	3 g
Total Sugars:	3 g
Added Sugars:	0 g
Protein	25 g
Vitamin D	0 mcg
Calcium	42 mg
Iron	2 mg
Potassium	593 mg

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Average total cost without oil and seasonings: $10.99

Average cost/serving: $2.74

Makes: 4 servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients

Add 1 to Cart **Lettuce**	Add 1 to Cart **Bell Pepper**
Add 1 to Cart **Chicken Breasts Boneless and Skinless, 1 lb**	Add 1 to Cart **Vinegar**
Add 1 to Cart **Tomatoes**	Add 1 to Cart **Lemon**

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Cooking Tips

- **Try with your favorite salsa in place of hot sauce.**
- **Sliced, ripe avocado makes an excellent addition to this salad.**
- **Rotisserie chicken can be a great and easy option for many meals requiring cooked chicken. Just make sure it is handled and refrigerated properly.**

My Cooking Notes

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