

Chicken, Rice, and Fruit Salad

Leftover rice? Use it in this fruit and chicken salad for a new spin on chicken salad. Serve the dish on lettuce leaves.

Makes: 3 servings

Cook Time: (For Rice) 10 minutes
Prep Time: 10 minutes

Source: choosemyplate.gov recipes chicken rice and fruit salad

Ingredients

- 1 cup brown or white rice, cooked
- 2 teaspoons parsley, dried (or 2 tablespoons fresh, finely chopped)
- 1/2 teaspoon black pepper (ground)
- 1/4 clove garlic (finely chopped)
- 1 tablespoon Ranch dressing, fat-free
- 2 tablespoons mayonnaise, fat-free
- 1 cup apple or cantaloupe (cut into chunks)
- 1/3 cup grape halves (red or purple, cut into chunks)
- 1/2 cup celery (chopped)
- 1 1/4 cups chicken, cooked (cut into bite-size pieces)
- 6 lettuce leaves

Directions

1. Wash your hands and work area.
2. If not using leftover or "planned over" rice - cook rice according to package directions without adding salt. Chill.
3. In a serving bowl, mix parsley, black pepper, garlic, dressing, and mayonnaise together.
4. Add cooled rice, apple, grapes, celery, and chicken. Stir gently.
5. Serve cold on a bed of clean lettuce leaves, if desired.
6. Cover and refrigerate leftovers within 2 hours.



Small Changes,
BIG Difference!



Nutrition Information

Serving Size: 1/3 of recipe

Nutrients	Amount
Calories:	216
Total Fat:	3 g
Saturated Fat:	1 g
Cholesterol:	55 mg
Sodium:	431 mg
Total Carbohydrates:	28 g
Dietary Fiber:	3 g
Total Sugars:	9 g
Added Sugars:	1 g
Protein	19 g
Vitamin D	0 mcg
Calcium	35 mg
Iron	1 mg
Potassium	418 mg

Utensils Needed

- Measuring Cups
- Measuring Spoons
- Cutting Board
- Knife
- Serving Bowl
- Mixing Spoon
- Saucepan

SHOPPING LIST

Average total cost without oil and seasonings: \$15.14

Average cost/serving: \$5.05

Makes: 3 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
Instant Brown Rice 14 oz



Add 1 to Cart
Fresh Apple



Add 1 to Cart
Fresh Garlic



Add 1 to Cart
Grapes 10 oz



Add 1 to Cart
Fat Free Ranch Dressing
16 fl oz



Add 1 to Cart
Celery Snack Pack 1.6oz



Add 1 to Cart
Light Mayo 30 fl oz



Add 1 to Cart
Boneless Skinless Chicken
Breast Tenderloins 1-1.6 LB



Add 1 to Cart
Green Leaf Lettuce

SAVE TIME, SAVE MONEY

My Cooking Notes

Shopping and Substitution Tips

- You can buy canned chicken to save time and, money. Make sure it is packed in water and, give it a few good rinses before you use it to take alot of the sodium off!
- Try brown rice instead of white rice to add fiber to your diet.