

## Chicken Rice Salad

### Ingredients:

4 cups lettuce  
 2 cups brown rice, cooked  
 2 cups chicken breasts without skin,  
 cooked  
 1 tomato  
 1 green pepper  
 2 teaspoons olive oil  
 2 tablespoons lemon juice  
 2 tablespoons vinegar  
 1 dash hot pepper sauce, optional  
 1 tablespoon Italian seasoning  
 Salt and pepper, to taste

### Equipment:

Large salad bowl  
 Cutting board  
 Knife  
 Small mixing bowl  
 Measuring cups  
 Measuring spoons

Number of Servings: 4  
 Prep Time: 10 minutes  
 Total Time: 10 minutes

### Directions

- Place 1 cup lettuce on four plates. Set aside.
- Wash tomato under running water and pat dry. To cut the core out of the tomato, place the tomato with the core up on the cutting board. Hold the tomato with one hand and insert a small, sharp paring knife into the tomato, next to the stem and just outside the core. Hold the knife steady while cutting. Point the knife at an angle towards the center of the tomato and create a full circle by rotating the tomato as you cut just around the stem. Pop out the core with the end of the knife. Turn tomato on its side and slice into 1/4 slices. Take half the slices and cut them across, turn and across again to get diced tomatoes. Repeat for other half.
- Wash a green pepper and, hold it by the top with the bottom sitting on a cutting board. Slice down one side, cutting between the spines where the white membranes are. Turn the pepper to the next side, and slice off the next side between the spines. Keep turning until you have a skeleton. This piece can be thrown away. Take the sides you have created and slice them apart, then dice the slices.
- Toss rice, cooked chicken, tomato, and green pepper together in a large salad bowl.
- In small bowl, mix together olive oil, lemon juice, vinegar, hot sauce and seasoning. Use personal taste preferences to determine the amounts of seasonings. Stir well.
- Pour in large bowl and toss well to distribute flavors. Serve immediately on top of lettuce.

For more recipes, please visit:  
[www.fcs.ext.vt.edu/recipes](http://www.fcs.ext.vt.edu/recipes)



Friend us on Facebook and  
 follow us on Twitter

[www.facebook.com/vafnp](http://www.facebook.com/vafnp)  
[www.twitter.com/vafnp](http://www.twitter.com/vafnp)

### Nutrition Facts

Serving Size: 2 cups	
Servings: 4	
Amount Per Serving	
Calories 498	Calories from Fat 54
%Daily Value*	
Total Fat 6g	10%
Saturated Fat 1g	6%
Cholesterol 55mg	18%
Sodium 74mg	3%
Total Carbohydrate 79g	26%
Dietary Fiber 4g	15%
Protein 30g	61%
Vitamin A 29%	Vitamin C 79%
Iron 19%	Calcium 9%
*Percent Daily Values are based on a 2,000 calorie diet.	

The U.S. Department of Agriculture (USDA) is an equal opportunity provider and employer. This material is partially funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your county or city Department of Social Services or to locate your county office call toll-free: 1-800-552-3431 (M-F 8:15-5:00, except holidays). By calling your local DSS office, you can get other useful information about services. This material was partially funded by the Expanded Food Nutrition Education Program, USDA, NIFA.