

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.

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Nutrition Facts

| Serving Size: 2 cups | |
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| 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. | |

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