

Chicken Pineapple Orange Salad

Ingredients:

4 boneless, skinless chicken breasts
 2 stalks celery
 1 cup seedless grapes
 20 ounces pineapple chunks in juice
 11 ounces mandarin orange
 1/4 teaspoon pepper
 1/4 cup pecans
 1/4 cup light mayonnaise
 8 cups lettuce leaves

Equipment:

Saucepan with lid
 Cutting board
 Knife
 Can opener
 Mixing bowl
 Measuring cups
 Measuring spoons

Number of Servings: 6
 Prep Time: 30 minutes
 Total Time: 3 hours

Directions

1. Bring a medium saucepan of water to a boil, and add chicken breasts, cook until done, about 30 minutes. Remove chicken and allow to cool. Save broth for other uses.
2. Wash a celery stalk and lay it on a cutting board. Cut off both ends and cut into shorter lengths. Lay these pieces side by side. Cut wider pieces in half lengthwise so that all the pieces are about the same size. Cut across the ends until all pieces are chopped up. Add to medium bowl.
3. Take grapes off of stems and wash. Place on paper towel to absorb water. Cut each grape in half. Add to bowl.
4. Open cans of pineapple chunks and mandarin oranges, and drain juice. Save juice for other uses. Add pineapple and oranges to bowl. Sprinkle with pepper.
5. When chicken is cool, chop into bite size pieces and add to bowl. Add pecans. Gently stir mayonnaise mixture into chicken mixture.
6. Cover and chill in refrigerator for at least one hour. To serve, scoop 2/3 cup of the chicken mixture onto 1 cup of lettuce leaves or onto 1 large leaf of lettuce.

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Nutrition Facts

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| Serving Size: 1 cup | |
| Servings: 8 | |
| Amount Per Serving | |
| Calories 254 | Calories from Fat 63 |
| %Daily Value* | |
| Total Fat 7g | 11% |
| Saturated Fat 1g | 5% |
| Cholesterol 75mg | 25% |
| Sodium 116mg | 5% |
| Total Carbohydrate 21g | 7% |
| Dietary Fiber 3g | 12% |
| Protein 28g | 56% |
| Vitamin A 10% | Vitamin C 32% |
| Iron 11% | Calcium 5% |
| *Percent Daily Values are based on a 2,000 calorie diet. | |

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