Dinner Tonight!

Fruity Crunchy Chicken Salad

1 cup chopped cooked chicken
1 cup canned mandarin orange segments, drained and cut into pieces
1/2 cup dried cranberries
1/2 cup almond slices
1/2 cup chopped jicama
1/3 cup light salad dressing
4 large lettuce leaves

Wash your hands well with soap and water. In a large mixing bowl, mix the chicken, orange pieces, cranberries, almonds, and jicama. Add the salad dressing and toss to coat.

Cover the bowl with foil or plastic wrap. Refrigerate it for at least 1 hour or overnight.

To serve, place a lettuce leaf on each plate. Place 1 cup of chicken salad on top of each lettuce leaf.

Serves: 4
Cost per Serving: $1.04

Calories: 270
Carbohydrates: 25 g
Cholesterol: 35 mg
Fat: 12 g
Protein: 14 g
Sodium: 160 mg

Serve with: fresh fruit, salad, whole wheat roll