Rice Medley Chicken Salad*

**Dressing:**
1 tsp jarred garlic or 2 large cloves, minced
1 tbsp Dijon mustard
½ tsp salt
¼ tsp sugar
¼ tsp ground pepper
¼ cup rice vinegar
½ cup canola oil

Combine all ingredients, mix well in bowl.

**Salad:**
4 cups cooked brown basmati & wild rice medley – recommend World Classics® found at Hy-Vee in rice section (cooked in reduced-sodium chicken broth)
2 cups cooked, cubed skinless, boneless chicken breast (about 12 oz chicken)
3 green onions, including tops, sliced
1 medium red bell pepper, diced
½ cup pea pods, cut in 1-inch pieces
1-2 ripe avocados, cut in medium-size pieces
½ cup toasted pecan halves (to toast nuts, place on baking sheet in oven preheated to 300 degree F for 10 minutes)

Toss warm rice in a medium bowl, then cool. Add chicken, onions, red pepper, pea pods to rice, toss with dressing. Cover and refrigerate 2 to 4 hours. Toss gently again before serving. Garnish with avocado pieces and toasted pecans.

**Yield:** 7 cups

* Based on North Shore Chicken Salad by Judy Goplerud, St. Ansgar, IA, *With Heart & Soul*, Cracom Publishing, 1995

**Nutrient Value (1-cup serving ) without garnish**

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount</th>
<th>Source</th>
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<tbody>
<tr>
<td>Calories</td>
<td>295</td>
<td></td>
</tr>
<tr>
<td>Carbohydrate</td>
<td>26 g</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>18 g</td>
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<tr>
<td>Saturated Fat</td>
<td>1.5 g</td>
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<tr>
<td>Fiber</td>
<td>2 g</td>
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**Notes:**
- 1 tbsp pecans adds 44 calories, 1g carb, 1g protein, 0.5g sat fat, 1g fiber.
- 1/7 avocado adds 32 calories, 2g carb, 0g protein, 0.5g sat fat, 1g fiber.

* Nutrition Center - UI College of Public Health  
  [www.uiowanutritioncenter.org](http://www.uiowanutritioncenter.org)