

Mandarin Orange & Chicken Salad



Ingredients



Adapted from (FoodHero.org)

- 1 package (10 ounces) salad greens (about 6 cups)
- 1 medium carrot, grated
- 1 bunch green onions, sliced diagonally
- 1/2 cup chopped cilantro
- 1 can (11 ounces) mandarin oranges, drained and rinsed
- 1 package (6 ounces) or 2 1/2 cups snow peas, sliced diagonally
- 2 cups sliced or shredded cooked chicken

1 can (8 ounces) sliced water chestnuts, drained and rinsed

Dressing

- 1/3 cup rice or cider vinegar
- 3 Tbsp low-sodium soy sauce
- 2 tsp sugar
- 1 1/2 Tbsp toasted sesame oil
- 1/2 tsp hot chili oil or hot sauce (optional)



Total cost: \$15.76

Serving cost: \$ 2.63

Directions



Yield: 12 cups Serving size: 2 cups

- Wash hands with soap and water
- 2. In a large bowl, mix the greens, carrot, onion, and cilantro
- 3. In a small bowl or jar with a tight lid, mix or shake together the dressing ingredients
- 4. Pour dressing over vegetables and toss to mix.
- 5. Add mandarin oranges, snow peas, chicken, and water chestnuts, if desired; mix lightly. Refrigerate until served.
- 6. Refrigerate leftovers within 2 hours.

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



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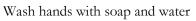
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Fast Facts





Featured Food Groups











Cooking Tips



- Sprinkle with chopped, dry-roasted peanuts or toasted sesame seeds.
- No canned mandarin oranges? Use 1 1/2 cups bite-size cut fresh orange sections
- No toasted sesame oil? For a nutty flavor, use regular sesame oil, peanut oil or olive oil. For a neutral flavor, use canola, corn or vegetable oil

Nutrition Fa 6 servings per container	cts
Serving size 2 cup:	s (232g)
Calories	170
% Da	ily Value*
Total Fat 6g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 340mg	15%
Total Carbohydrate 13g	5%
Dietary Fiber 3g	11 %
Total Sugars 8g	
Includes 1g Added Sugars	2%
Protein 17g	
Vitamin D 0mcg	0%
Calcium 66mg	6%
Iron 2mg	10%
Potassium 535mg	10%
Vitamin A 234mcg	26 %
Vitamin C 49mg	54 %
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Second Harvest is an equal opportunity provider.



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Nutrition Facts 6 servings per container 2 cups (232g) Serving size 170 **Calories** Total Fat 6g 5% Saturated Fat 1g Trans Fat 0g Cholesterol 40mg 13% **15**% Sodium 340mg Total Carbohydrate 13g 5% Dietary Fiber 3g 11% Total Sugars 8g Includes 1g Added Sugars 2% Protein 17g 0% Vitamin D 0mcg Calcium 66mg 6% 10% Iron 2mg Potassium 535mg 10% 26 % Vitamin A 234mcg Vitamin C 49mg 54 % *The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.