



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

1. 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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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 Facts	
6 servings per container	
Serving size	2 cups (232g)
Amount per Serving	
Calories	170
% Daily 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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