



# 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)



## 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](http://secondharvestkitchen.org) to find more recipes, free classes, and ways to get involved!



# 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)



## 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.

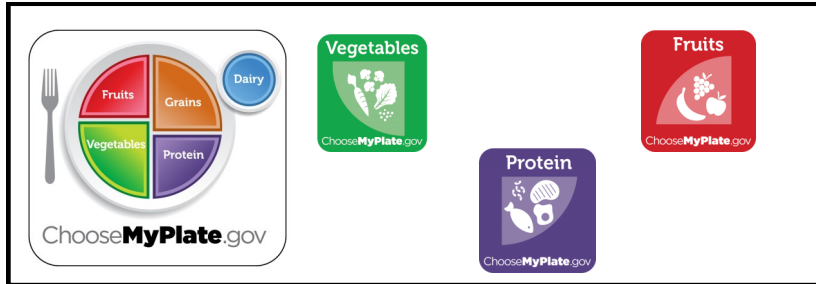
Visit [secondharvestkitchen.org](http://secondharvestkitchen.org) to find more recipes, free classes, and ways to get involved!



# 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 bit-sixe 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	
<b>Serving size</b>	<b>2 cups (232g)</b>
<b>Amount per Serving</b>	
<b>Calories</b>	<b>170</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 6g	<b>8%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 40mg	<b>13%</b>
<b>Sodium</b> 340mg	<b>15%</b>
<b>Total Carbohydrate</b> 13g	<b>5%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 8g	
Includes 1g Added Sugars	<b>2%</b>
<b>Protein</b> 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.

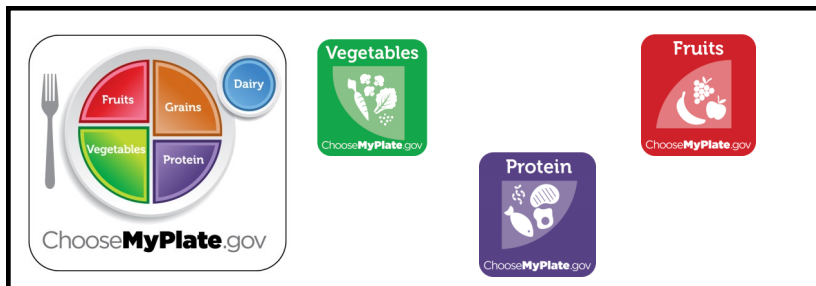
Second Harvest is an equal opportunity provider.



# 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 bit-sixe 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	
<b>Serving size</b>	<b>2 cups (232g)</b>
<b>Amount per Serving</b>	
<b>Calories</b>	<b>170</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 6g	<b>8%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 40mg	<b>13%</b>
<b>Sodium</b> 340mg	<b>15%</b>
<b>Total Carbohydrate</b> 13g	<b>5%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 8g	
Includes 1g Added Sugars	<b>2%</b>
<b>Protein</b> 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.