



Confetti Chicken and Rice Salad

Serves 8

A nice way to use leftover grilled chicken. Serve on a bed of baby spinach or mixed greens for a light refreshing meal on hot summer days.

3 cups	Brown Rice, cooked (or 3 cups instant brown rice)
1 medium	Apple (granny smith or Cortland), diced
2 stalks	Celery, finely chopped
1 medium	Red bell pepper, chopped
½ bunch	Green onions (scallions), chopped
½ cup	Walnut pieces or sliced almonds
1 - 1 ½ cups	Cooked chicken, diced
¼ cup	Fresh parsley, chopped
<u>Dressing:</u>	
¼ cup	Apple cider vinegar
2 Tbsp.	Lemon juice
3 Tbsp.	Olive oil

Salt and pepper to taste

- Cook brown rice according to package.
- In a large mixing bowl, combine 3 cups cooked rice, diced apple, celery, red pepper, green onions, nuts, diced chicken, and parsley.
- Mix dressing ingredients: vinegar, lemon juice and olive oil.
- Add dressing to rice salad mixture and toss lightly to coat.

Taste before seasoning with salt and pepper.

Serving suggestions:

- Serve on bed of chopped dark green lettuce or baby spinach.

Recipe adapted from a *Food Network* recipe

Nutritional information:

Calories: 231	Total Fat: 11g
Saturated Fat: 1.5g	Cholesterol: 21g
Carbohydrates: 22g	Dietary Fiber: 4g
Protein: 11g	