



Last-Minute Leftover Salad

Serves 2

- 1 cup cooked chicken, turkey or canned tuna (packed in water & drained)
- 2 cups chopped mixed raw vegetables (onion, celery, carrots, bell pepper, broccoli, tomatoes, green beans, etc.)
- 1 1/2 cups leftover cooked brown rice (or any grain will due)
- 1/2 cup canned beans (any type), rinsed and drained
- 2-4 Tbsp. reduced-fat vinaigrette salad dressing
- 2 Tbsp. plain non-fat yogurt or non fat sour cream
- 1 Tbsp. reduced-fat mayonnaise
- 1/2 tsp. dried parsley (or 2 Tbsp. chopped fresh)
- 1/2 tsp. dried chervil or cilantro (or 2 Tbsp. chopped fresh)
- Salt and black pepper (optional)

NUTRITIONAL INFORMATION:

Calories: 86
Total fat: 6 g. total fat (1 g. saturated fat)
Carbohydrate: 55 g
Protein: 28 g
Dietary fiber: 8 g
Sodium: 688 mg

1. In a medium bowl, place chicken, turkey or tuna, vegetables, rice and beans. Lightly mix together until well combined.
2. In a small bowl, whisk together vinaigrette dressing, yogurt, mayonnaise, parsley and chervil or cilantro.
3. Gently mix the dressing and salad ingredients until well coated.
4. Salt and pepper to taste
5. Cover and refrigerate 1 hour or overnight to allow flavors to blend.

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